

June 7, 2015  
Summer Song  
Part One: Number Your Days  
Ted Cunningham

1. What is on your life's bucket list?
  
2. What would you put on a mini-bucket list for your summer, even if you don't leave town? **(A college age girl makes a list each summer of things for the family to do at some point during the summer—things like progressive dinners with questions for each family member to answer, a float trip, an all-nighter watching movies—only the women agreed, a family ballgame, a scavenger hunt, etc.—great memory makers.)**
  
3. David in the most famous Psalm 23, says the Lord, the Good Shepherd, restores his soul. In Psalm 90, Ted's text, verse 1, Moses says God is our "dwelling place." The Hebrew for that is the word "refuge." Ted said that God was the one the Israelites turned to when they were lost, confused, hungry, dazed.
  - ∞ Tell of a time that you felt very much that God was your dwelling or resting place?
  - ∞ Tell of a time you turned to God in difficulty and he restored your soul.
  
4. Psalm 90:2 says, "From everlasting to everlasting, you are God."
  - ∞ What are some of the implications of this?
  - ∞ How does this give you comfort in difficult times?
  - ∞ How does this add to your joy in life's happiest moments?
  
5. Ted used the term "Sacred Echo" to mean that everywhere you turn, the same message hits you again and again. His wife's sacred echo was the word "adventure." What word, phrase, or scripture has been a "sacred echo" for you?
  
6. What are the five ways Ted discussed that we can make the most of our days. **(1) Turn each day into an adventure. (2) Create space between your load and your limit. (3) Say no to time robbers. (4) Decide, rather than slide, your way through the day. (5) Refuse to feed regrets and ask Jesus to redeem your remaining days.**
  
7. Ted mentioned the book, *A Trip Around the Sun*, and questions we can ask as we strive to turn each day into an adventure.
  - ∞ What were the four questions? **(1) Who will I meet today? (2) Who can I help? (3) What will happen that gives me reason to celebrate? (4) What trial will I get to respond to?**
  - ∞ Did one of these "adventure" happen this WEEK before you even thought of these questions?

- ∞ Think about these questions as you go through your days this week and report back about anything that happens because you were looking for an adventure.
- ∞ What experience in these four areas has brought you closer to God?

8. What things have you added to your day, which are pushing you to your limit? What of them can be eliminated to give you time for more important things or for needed rest?

9. Do you honor the Sabbath? If Sunday is a workday, do you have a Sabbath day during every week? What does your Sabbath look like, that is, what gives you rest?

10. We were encouraged to say “No” to “time robbers,” which give us no time for more important things. What are your “time robbers”? Or what can you cut from your daily schedule to allow time for more important things?

11. We need to have time to especially care for our “home team.” Who is on your home team?

12. Most of us have regrets. Some of us have serious regrets.  
How do we avoid spending time dwelling on regrets in order to have more joy in our remaining days?