



Enough is our Concordia University Texas theme for the 2023-2024 academic year.

### CONNECT

*with self and others:*

- 1. What is the greatest memory of joy so far that has happened this semester?
- 2. Have you ever had a physical bodily problem that led you to the emergency room? Share a story about it.

NOTES: \_\_\_\_\_

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### ENGAGE

*the Word.*

When I was 33 years old, I had a pain in my side that wouldn't go away. I went to the doctor a couple of times throughout the week, and the CT scan showed that I had "fluid in my gutter area" so they told me to take some Tylenol and carry on with life. So, I did! The next weekend I was scheduled to lead a Stephen's Ministry retreat for my church. When we got to the retreat center, I spiked a high fever and the pain intensified. The next morning, they drove me back to the emergency room, where they discovered that my appendix had burst a week earlier. Normally, when your appendix bursts, it sends poison throughout your body and results in death. God had graciously allowed a wall of tissue to surround the poison and keep it in place, so I am still alive! I remember how grateful I was for the doctor who removed my appendix, the nurses who assisted in my recovery, and ultimately for God who provided the miraculous wall of tissue that kept me alive.



**READ**  
Psalm 18:1-6



God is the author of life! Psalm 18 reminds us that he is our strength, rock, refuge, fortress, deliverer, stronghold, and salvation! Though we may be surrounded by spiritual, physical, or emotional enemies of all sorts, God is our helper! The greatest cord that circled our bodies and the distress we found ourselves in is the inability to save ourselves from eternal death and condemnation. Through Christ, we are "saved by Him!" He hears our cries for mercy, and He provides all that we need! Grace is given by faith in Him. And, referring back to my opening story, I love how Jesus too was 33 years of age when he paid for my sins and yours too.

### QUESTIONS:

- 1. Read Psalm 18:1-6 again! Which of these descriptions of God in v. 1-2 (strength, rock, fortress, deliverer, refuge, shield, salvation, and stronghold) do you need most right now? Why?
2. When have you felt death or destruction were coming to get you?

I love you, LORD, my strength. 2 The LORD is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold. 3 I called to the LORD, who is worthy of praise, and I have been saved from my enemies. 4 The cords of death entangled me; the torrents of destruction overwhelmed me. 5 The cords of the grave coiled around me; the snares of death confronted me. 6 In my distress I called to the LORD; I cried to my God for help. From his temple he heard my voice; my cry came before him, into his ears.

- Psalm 18:1-6

### NOTES:

Horizontal lines for taking notes.



### SHARE:

apply to your life.

- 3. Psalm 18:6 makes it clear that God hears and answers prayers. When do you normally pray?
4. Can you share a prayer that God has answered with a YES? With a NO? With a "wait on me" to provide?
5. Have everyone complete this prayer prompt by filling in the blanks with something they want to tell God. I love you, Lord. You are my \_\_\_\_\_. Thank you for \_\_\_\_\_. Help me to remember that you are my Savior, and I can trust you! In Jesus' name, amen!

### PRAYER:

Thank you Jesus for being by strength, rock, fortress, deliverer, refuge, shield, salvation, and stronghold. You are worthy of all praise! I am so grateful you loved me enough to give your life in exchange for mine! In Jesus Name, Amen



