

**SAND & SURF**  
"Sunscreen"  
Pastor Michael Lee  
July 6, 2008

**Psalm 39:1-13 (ESV)**

**TRUTHS ABOUT LIFE**

1. Life is **short-lived and temporary** (vv. 1-5)
  - **Key Question** – Am I treating this world like it is a permanent home, pouring time and energy into life like it will last forever?
  
2. Because life is temporary, it is incapable of providing **lasting fulfillment** (v. 6)
  - **Key Question** – Am I confusing pleasure, novelty or the thrill of the chase with lasting fulfillment?
  
3. Only when I live with eternity in mind, **for God himself**, can I find fulfillment in life (vv. 7-13)
  - **Key Question** – How am I seeking to find lasting fulfillment in the temporary things of life instead of in God?

**LIFEGROUP DISCUSSION QUESTIONS**

**Going Deeper into the Message**

1. Discuss how often you think about the shortness of your life on earth. What kind of circumstances will bring this topic to your mind?
  
2. Carefully read Psalm 39:1-13. Imagine yourself coming to visit David on the day he is writing this psalm. How might he answer if you asked him, "David, you seem troubled; what's on your mind and heart today?"
  
3. Which do you find yourself doing more of – treating this world like it is a permanent home or treating it like a temporary journey? Share evidence from your life to support your answer.
  
4. Do you agree or disagree with David's thought in verse 6 that because life is temporary, it is incapable of providing lasting fulfillment?
  
5. Is it possible to confuse pleasure, novelty, or the thrill of the chase with lasting fulfillment? If so, then how? What other things might people confuse for lasting fulfillment?
  
6. What would it look like, practically speaking, if you lived "with eternity in mind, for God himself" in the areas below? How would it make life more fulfilling?
  - Career, education, finance, relationship, talents, family life

**Responding to the Message**

7. What one insight from the message seems most personally significant to you right now and what action can you take in the next week to start putting this into practice or to cooperate with God in bringing about this transformation?

**CENTRAL TRUTH:**

I can only find fulfillment when I live for eternal God instead of this temporary world.