



Week of Sunday,
July 19, 2026

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Living out our God-given calling as we follow Jesus and make disciples every day.

Growing in the MARCS of a disciple every day!

JULY FOCUS - MISSIONAL

Select a question below to ask the group to gauge how you are growing in the MARCS of a disciple.

1. Who did you intentionally engage this week who does not follow Jesus? What was the context?
2. Where did you sense God prompting you to speak or act— and how did you respond?
3. How are your current rhythms (schedule, hobbies, work) helping or hindering mission?

INTRODUCTION

Psalm 119:9-11 reminds us that purity, direction, and victory over sin are directly connected to what we do with God's Word. We want to move beyond merely hearing Scripture to actually hiding it in our hearts through memorization and obedience. We have to look for practical ways to begin treasuring specific verses, using them in moments of temptation, discouragement, and decision. Expect God to use His Word not just in your mind, but deep in your heart to transform your daily life.

Psalm

READ ALOUD

Psalm 119:9-11

DISCUSS

Opening Question: When have you experienced something in your life that turned out to be different from what it seemed at first? How did that experience change your perspective?

- How would you explain the connection between hiding God's Word in your heart and resisting sin in daily life?
- What are the effects of treasuring the Word of God on your life and your walk with Christ?

Have someone read aloud **1 Peter 3:15**.

- How can memorized Scripture help someone share encouragement or the Gospel more effectively?
- When Jesus responded to temptation with "It is written," He modeled using Scripture as a weapon. How might memorized verses help a believer confront specific temptations or seasons of discouragement? (**Matthew 4:1-11**)

DISCUSS & APPLY

- Which of the six categories of Bible intake resonates with you the most? Which is most difficult for you, and why? (Hearing the Word, Reading the Word, Studying the Word, Memorizing the Word, Meditating on the Word)
- What is a practical way Scripture could help you address temptations, stresses, or other situations in your daily life?
- How can you build Scripture memory into a stronger daily discipline in your walk with Christ?

RESPOND

What is a passage of Scripture you find encouraging that you would like to commit to memory? Invite someone to hold you accountable to memorizing that passage.

Praying as a Church - Week 25 Prayer Prompts

(Share and pick some to pray through as a group.)

Praise

- Praise the Lord for His great redemption. He redeems and reclaims the brokenness in our lives. His purposes cannot be thwarted by human failure. Judges 16, Ruth 1
- Praise the Lord for His great mercy and grace in the hardest seasons of our lives. He walks beside us and guides us even though we may not understand His plan. Ruth 1-3
- Use Psalm 119 to praise God for the gift of His Word, which guides, teaches, strengthens, and changes His people.

Silence and Solitude

Sit in the silence and stillness as you reflect on how God has used difficult seasons, even times of grief, to draw you closer to Himself. Consider how He showed up in that season of your life and the ways He revealed His faithfulness, presence, and care.

Ask - allow the Word to guide your prayer requests.

- Use Judges 16 to ask God to help you protect your heart and stay true to Him in places where you struggle most.
- Use Ruth 1 to guide you in praying for God to help you trust Him when His plans are difficult to understand.
- Pray that God would use the ordinary moments of our lives to build a beautiful legacy of faithfulness that points others to Him, just as He did through Ruth's story in Ruth 2-3.

Lament - what has grieved you as you have read the Word?

- Lament the ways you have compromised what you believe or relied on your own strength instead of God's. Judges 16
- Lament the times bitterness, disappointment, or hardship have clouded your view of God's goodness. Ruth 1
- Lament the times you have overlooked God's daily provision or failed to care for those in need. Ruth 2

Mission

- Pray that we, like Boaz, would have a heart for those in need, providing for the outcast, poor, and needy around us. Ruth 2
- This summer has been filled with decisions for Christ through the Incarceration Ministry and Long Hollow camps. Pray that these inmates and students would remain solid in their faith, growing strong in their relationship with the Lord. Ask God to establish their hearts, strengthen their commitment to follow Him, and surround them with believers who will encourage them in their walk with Christ.
- Pray for the Kalmyk people of Kyrgyzstan. There are no known believers or missionaries. Pray that the Gospel would reach their small people group who are living in spiritual darkness.

Here are some questions you can discuss with the whole family.

Psalm 119:9-11

What do you think it means to “keep God’s Word in your heart”?

For little ones, talk about remembering Bible verses like a special treasure. For older kids/teens, ask how remembering verses can help them make good choices at school, online, and with friends.

How can knowing and remembering the Bible help you do what is right each day?

With younger children, give simple examples (sharing, telling the truth, being kind) and connect them to simple verses. With older kids, let them name real situations they face and discuss a verse that could help in that moment.

What passage of Scripture could we memorize as a family?

For younger kids, focus on simple Bible truths and passages like Psalm 56:3, “when I’m afraid, I will trust God.” For older kids, talk about setting up regular rhythms of Scripture memorization together. (Example: In the car on the way to school.)

GET INTO THE WORD

A YEAR-LONG JOURNEY THROUGH THE OLD TESTAMENT

Week 25

- Judges 15 / Psalm 119:49-64
 - Judges 16 / Psalm 119:65-88
 - Ruth 1 / Psalm 119:89-112
 - Ruth 2 / Psalm 119:113-136
 - Ruth 3 / Psalm 119:137-152
- MEMORIZE: Ezekiel 36:26-27
Daniel 4:35

Other Resources

BEMA Discipleship Podcast - Creating a Space, Spiritual Disciplines

Marty Solomon and Brent Billings discuss the importance of creating a space with Lord in light of the teaching on the tabernacle.

WATCH

The Bible Project's Guide - Psalms

See a collection of videos, classes, and articles that dives into Psalms and its themes.

The Bible Project's Guide - Judges

See a collection of videos, classes, and articles that dives into Judges and its themes.

LIFE GROUP

We have a variety of resources and are continually adding new ones. Some of our resourced include group launch guides, on-demand training modules, and curriculum resources.

To request a resource reach out to us at groups@longhollow.com



longhollow.com/lifegroups

D-GROUP

If you or someone you know would like to start a D-group, we have everything you need, including reading plans, journals, and a launch guide to walk you through the first four meetings.



longhollow.com/dgroups

What's Going On?

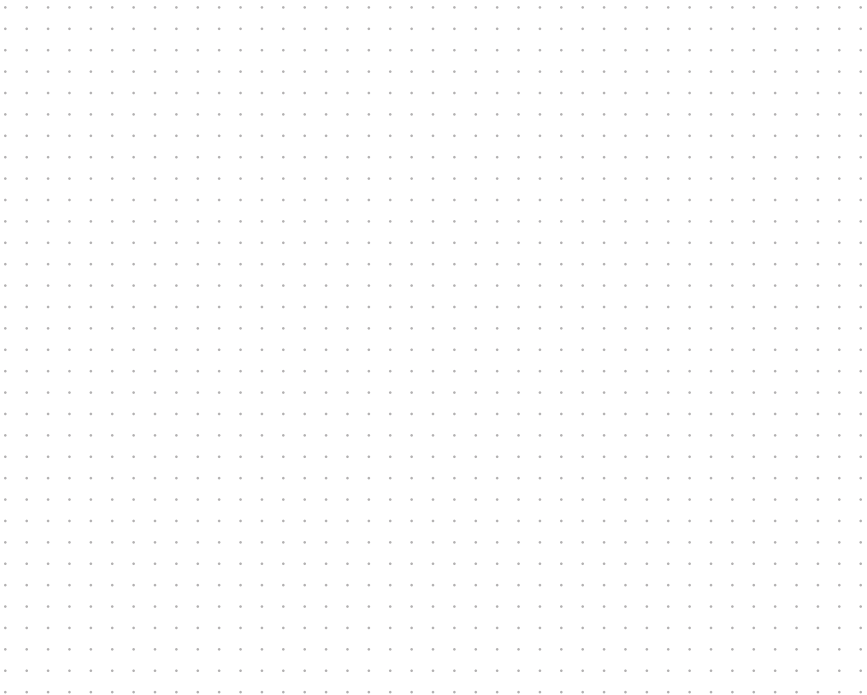
Psalm 119:9–11 sits inside the longest chapter in the Bible, Psalm 119. This psalm is a long prayer and song all about the beauty, usefulness, and power of God’s Word. It’s written as an acrostic poem in Hebrew: every eight-verse section begins with the same Hebrew letter. Verses 9–11 are in the “Beth” section, and they focus on a young person learning how to live a clean, God-pleasing life.

The writer keeps using different words for Scripture—law, commands, word, statutes, to show that all of God’s instructions matter. In these verses, the psalmist asks a question in verse 9 (“How can a young man keep his way pure?”) and then answers it in verses 10–11: seek God with all your heart, don’t wander from His commands, and treasure His Word in your heart so you won’t sin.

A Bit of Background

Psalm 119 comes from Israel’s worship life. God had given His people His law through Moses, and faithful Israelites treasured it as God’s clear guidance for life. This psalm likely comes from a time when God’s people were surrounded by nations with very different beliefs and lifestyles. They faced pressure to live like everyone else.

In that setting, holding tightly to God’s Word was the way to stay faithful and pure. Memorizing, reciting, and meditating on Scripture were normal parts of worship and daily life. When Psalm 119 talks about hiding God’s Word in the heart, it reflects a culture where God’s people were expected to carry His truth inside them, not just hear it at the Temple.



BIRTH OF
CHRIST

CRUCIFICATION
& RESURRECTION

BOOK OF
REVELATION

How can a young man keep his way pure?
By keeping your word.
I have sought you with all my heart;
don't let me wander from your commands.
I have treasured your word in my heart
so that I may not sin against you.

Grid of dots for writing notes.

Living out our God-given calling as we follow Jesus and make disciples every day.

MISSIONAL

Engaging with the world to share the Gospel intentionally.

ACCOUNTABLE

Being transparent with Christ and other believers about your walk.

REPRODUCIBLE

Disciples who make disciples; the mentee becomes the mentor.

COMMUNAL

Living in deep community with other believers; never alone.

SCRIPTURAL

Grounded in the Word of God as the ultimate authority.



LONG HOLLOW
CHURCH