midtown FELLOWSHIP

LifeGroup Guide

Catch Up On Life

This is when we update each other on the things that Jesus has been up to in our lives since we last saw each other. As a church family, we care about each other's lives: what we're celebrating, what we're mourning, what decisions we are praying through, and everything in between. (1 Thessalonians 2:8, Romans 12:10 and 15)

- Celebrate the wins - where have you seen Jesus working in the last week (shaping you to be more like Himself or working in the lives of those that He's put around you)?

- What (if any) big life updates do you need to catch us up on (positive or negative)?

  Pray: Take every opportunity to pray and thank God for the good He's doing in our lives, and ask for help and healing anywhere there is pain.

Review The Mission

People:

- Reactive - Who in your life (family, coworkers, etc.) can we join you in praying for? Who has God put around you that is showing spiritual interest? Who is hurting and could use some love from our group?
- Proactive - Who are the people we are intentionally living on mission with (neighbors, STC partner organizations, or a specific demographic in Columbia)? What are our upcoming plans to love, serve, and build relationships with this group?

Plan:

- Are there any rhythms already planned, or an extra rhythm we could plan to create a way for these friends to connect with our group?

  Pray: Let's pray for our people by name; pray for their needs, and opportunities to have spiritual conversations that help them take the next steps toward Jesus.

Bible Study & Sermon Discussion

Pray: We are dependent upon the Holy Spirit to use the Word of God to transform us. Pray that He would open your eyes to the truth of His Word and that God would change you as you study this chapter together.

Read Today's Text: Psalm 142:1-7 & 1 Peter 5:7

Bible Study

Spend some time silently reflecting and journaling the following questions as a LifeGroup:

- What stands out from the passage?
- What does this passage reveal to us about God?
- What does this passage reveal to us about people?
- Share with one another what you thought, reflected, and wrote about.

Sermon Discussion

1. Where are you most likely to run to avoid what's troubling you?

   Recall examples from the sermon such as instant gratification through social media and consumerism, distractions found in busyness, accomplishments, and entertainment, or numbing through substances and denial.

2. Spend 10 minutes journaling your cares to God.

Engage The Heart

Jesus calls us to walk in the light, confessing our sins to God and each other. God's Spirit works through confession and community to lead us to repentance. (Romans 3:23-24, James 5:16 and 1 John 1:5-10)

- What are you struggling to trust God with this week? How can you give God control of it?

- Has the Holy Spirit been prompting you to do anything that you've been resisting? What steps do you need to take to obey?

Pray: James tells us that a community that regularly confesses sin and prays for each other will see a lot of healing. Confess your sins in prayer and pray for each other.