

LIFE GROUPS

LEADER PAGE | Ascent | WEEK 6 of 15 | Sermon date: September 11, 2022

Before Group *(do the heart work)*

Recognizing the truth of Proverbs 3:1-18 along with Romans 8:28 is powerful; living in and accepting it, is something altogether more meaningful. Spend some prayerful time this week asking God to reveal the spaces and places in your life and heart that still need work in terms of trusting Him in all circumstances. Where does He see that you need to live in the truth that His ways are always good, regardless of how you may feel about them in the moment. Have God show you better ways to connect with His will and create a deeper understanding in your heart to continue to abide and obey even when you wish for it to be different.

During Group *(facilitate effectively)*

This week we continue with an Ascent message to prepare our hearts for gratitude and trust in God as our protector. We often have anxiety when there are so many troubling circumstances around us. God doesn't want us to be anxious and maybe that is why He inspired so many authors in the Bible to write about it! As you step into the "head" question, read through these passages to understand the guidance to recognize the Lord for who He is and why we can trust him. Make note of what God provides when we trust and honor Him. As you move in the "heart" question, lead the discussion around God's sovereignty over "all" and that God knows what is best for you. Frame follow up questions around trust despite bad things and why that is often challenging to do. As you move into the "hands" question, help to uncover what steps each member can take to be faithful to trust. Recognize that it may be difficult for members to move beyond what they *feel* into what they *know*.

After Group *(leading intentionally)*

In Romans 14:19, the apostle Paul encourages the Church at Rome to "pursue what makes for peace and for mutual upbuilding." Pay attention to those participants in your Life Group who seem to be struggling to trust God in a challenging season of their lives. Sometimes the way we experience God's peace and upbuilding is through a reminder from Scripture. At other times, it's through a simple word of prayer. Text message that person a Bible verse or prayer sometime after group to let them know that they are on your heart and mind. What may take only a few moments of your day can have a huge impact on others.

Church Announcements *(share with your group)*

Covered is empowering Colorado's sex trafficking survivors towards a life of self-sufficiency and they're holding their annual benefit, "Purses with a Purpose" this week! To learn more and support, click [here](https://coveredcolorado.org) or visit coveredcolorado.org.

Did You Know? *(Reinforcing our culture)*

Southeast Life Groups share common language and common purpose. If our purpose is, Mt. 28:18-20, "**Therefore go and make disciples...**", then we must be clear on defining a disciple. **A disciple is, one who is following Jesus; being changed by Jesus; and on mission with Jesus.** Share this definition with your group regularly.

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FACILITATOR PAGE | *(Reproducible Process/Overall Alignment)*

Welcome | Opening Prayer | Highs & Lows (5 minutes)

Weekly Vision Checklist *(Intentional Leader) – 5 mins.*

- *Announcements (see bottom of Leader Page)*
- *Our Why (Jesus commands us to make disciples. Mt. 28:18-19)*
- *Our Goal (spiritual growth in becoming disciple makers)*
- *Our How (is Life Groups, cast a vision around importance of branching)*
- *Guidelines (setting the rails for healthy discussion)*
 - *Confidentiality (what's said here stays here)*
 - *Avoid Crosstalk (no side conversations while others are sharing)*
 - *Avoid Fixing & Rescuing (fight the urge to jump in and save)*
 - *Use I Statements (avoid using general terms, speak personally)*
 - *Contribute Over Consume (everyone is encouraged to participate)*
 - *Be Mindful of Self (allow all to share and use humor responsibly)*

Hook Question *(a thought-provoking question- 5 minutes)*

What's the most valuable item, you've ever been trusted with?

Recap the Message *(main takeaways from the message - 5 minutes)*

Implications *(discussion questions based off the underlined implication - 5 – mins.)*

1. I cannot trust that God will do what I ask. I can trust that God will always act in my best interest.
2. Our hearts are what God cares about. Shaming ourselves and others for poor actions can only reinforce brokenness in our lives.
3. There will be wickedness on the earth until Jesus returns. But evil doesn't get to have what God gives the righteous.
4. Peace comes from my time with Jesus, not my circumstances.

Discussion Questions *(going beyond the surface-55 minutes)*

- **HEAD** - Read *Psalm 125 & Proverbs 3:5-6*. What do these passages reveal about God's trustworthiness? What might it mean to trust God this way?
- **HEART** – How, specifically, does it feel to hear that God always acts in your best interest? Share a time you may have doubted this truth yet found out differently.
- **HANDS** – Might it be possible to cultivate a deeper trust in God in when circumstances suggest otherwise, how could that look for you personally?

Prayer Prompts *(Scripture-fed, Spirit-led, Worship-based prayer prompts – 10 mins.)*

Lord you are trustworthy and because of that I know you are also _____.

God your heart is *for* me and because of that I respond by declaring _____.

Because I can trust you with all my needs, God in this moment I ask _____.

Regardless of how things look I will always be ready to _____.