

LIFE GROUPS

LEADER PAGE | Ascent | WEEK 8 of 15 | Sermon date: September 25, 2022

Before Group *(do the heart work)*

1 Peter 5:7 says, "Give all your worries and cares to God, for He cares about you." Repeat that out loud, don't worry about who's looking (they may need to hear it too). Say it a few times if necessary as it could be a good exercise to let this truth wash over you. *He cares about you.* It's out of that space that God is our rock. He alone is our only true source of protection, security, and hope, not our efforts, accomplishments, or grit.

During Group *(facilitate effectively)*

God is our only source of security. In our nature it's easy to get off center and take this truth for granted. If we're honest, we can find ourselves trusting in ourselves way too often and depending too much on our own strength. This week in group, our HEAD question has us examining Psalm 127:1-2 and talking about what it means to toil (work) in vain. Also, we seek to find what this passage says about who God is to us personally considering this. Our HEART question is to discover where we've become too self-reliant and talking through how and why that might be. You'll also find "Follow-Up Questions" there as well. If someone shares how exhausted they are working in vain, just ask, "Aren't you tired?" and sit in that moment allowing the heaviness to sink in. Ending with our HANDS question, we seek to get the group sharing some possible ways to offer healthy correction to one another sincerely.

After Group *(leading intentionally)*

Don't underestimate the power of presence. Simply being there (in proximity) with someone and just spending time with them goes further than you may think. As leaders, we may believe that we need to have the right answers, yet the power of presence can overshadow that. Try showing up for a group member in a new way this week. Perhaps grab some coffee and ask these three simple questions. What's your heart? What's your hurt? What's your hope?

Church Announcements *(share with your group)*

Worship and Prayer Night! Sunday, September 25th from 6:30-8pm. Enjoy some worship time with you Southeast family! Bring your entire group and represent!

Did You Know? *(Reinforcing our culture)*

The goal of all Southeast Life Groups is spiritual growth. And while relationship matters, it's not the primary goal, it's the byproduct of the pursuit of growing spiritually. Our prayer is to see people mature spiritually. That starts with being discipled and growing into a disciple maker. The process of growing spiritually can be paralleled with physical growth. Just as we grow physically through stages, we also do so spiritually. Reach out to your Life Group pastor to continue the discussion and to learn more about the Discipleship Wheel.

LIFE GROUPS

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

Welcome | Opening Prayer | Highs & Lows *(5 mins.)*

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 related thought-provoking question- 5 mins.)*

What is the greatest display of physical strength you've ever seen?

Recap the Message *(main takeaways from the message? - 5 mins.)*

Set the stage by reading Psalm 127 out loud from the Bible.

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

1. God is our only source of security. Everything else is quicksand.
2. The hardest part of receiving God's blessing is living in it well.
3. We will choose desperation or devastation.
4. Too often, we expect others to raise our children. It rarely works out well.

Discussion Questions *(going beyond the surface- 55 mins.)*

- **HEAD** - Read Psalm 127:1-2 aloud again. What does it mean here to do things in vain, and what does this passage say about who God is to you?
- **HEART** – God is the only source of protection and hope. What are you trying to do in your own strength right now forgetting this truth? How and why do you find yourself doing this?
(Follow-Up Questions: Aren't you tired? How do you know?)
- **HANDS** – Are there any real ways that we can offer healthy correction to one another when we notice others working "in vain"? How so?

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

Read Psalm 127:1-2 before praying these prompts.

Lord nothing is wasted when you're in it, this assures me that you are _____.

Protection and hope come from You alone, forgive me I took it for granted when _____.

Grant me rest when _____ keeps me up at night.

I will be ready to rest in your faithfulness the next time I tempted to _____.