

# LIFE GROUPS

**LEADER PAGE | Ascent | WEEK 12 of 15 | Sermon date:** October 23, 2022

## **Before Group** *(do the heart work)*

James 5:16 says, “Confess your sins to each other and pray for each other so that you may be healed.” When we as disciples of Jesus Christ are open and honest with other Christians about our sins, we invite others to pray with us and for us. Such transparency creates opportunities for the Holy Spirit to heal us in those broken areas of our lives. If you don’t have someone like this in your life yet, prayerfully consider approaching someone you can confess your sins to. And don’t just stop there. Ask them to pray with you and for you. Dare to take God at his Word: if you confess your sins to another, the Holy Spirit promises that you will indeed experience spiritual healing.

## **During Group** *(facilitate effectively)*

Psalm 131 focuses on humility and contentment in God’s presence. The **HEAD** question is centered on David’s personal example of examining his own heart. In doing so, he recognizes that he must come to the Lord with a heart of humility and so he consequently confesses this to God. As your Life Group discusses this, be sure to emphasize the importance of humility when we approach a holy God. Our **HEART** question challenges us to look at our inner selves to see if there is any pride within. As you unpack this concept, additional questions may help to dig deeper: “Do you look down on others or put down other people?”, “Do you find yourself comparing yourself to others, convincing yourself that you are somehow better than they?” Our final **HANDS** question is a challenge to recognize that one of the reasons we ought to cultivate humility before God is to personally experience contentment and rest. Who can we ask to check up on us when we have a proud heart and an arrogant attitude toward others? Who can you trust enough to challenge you when you are tempted to think you need to understand it all?

## **After Group** *(leading intentionally)*

The Lord’s ultimate plan for his creation is the restoration of all things. Therefore, he meets us in the spaces of our lives where we need refinement. Oftentimes, our need for improvement is a direct result of living in a space of pridefulness. Proverbs 11:2 speaks to the disgrace of living pridefully vs. the wisdom that comes when we live humbly. Remind your Life Group this week that each of us needs the Holy Spirit’s refinement and that there is no shame in that space. When we avoid correction and live in pride, it shows the world exactly what we believe about who God is. We are the hands and feet of Jesus Christ, on display for all to see. Is there someone in your Life Group whom you may need to ask for forgiveness? Model humility by approaching them this week and apologize for your wrongdoing.

## **Leader Announcements** *(for you specifically)*

Southeast and Legacy Coalition are hosting a live-streamed Grandparenting Summit Conference. The purpose of this event is to learn how to facilitate genuine relational discipleship within the context of your family and to build a lasting spiritual legacy. Cost for this event is \$59; use promo code THANKYOU for \$15 off.

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**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.)*

Share something you are or have been proud of.

**Recap the Message** *(frame the discussion - 5 mins.)*

Read Psalm 131 out loud and then get 1 or 2 takeaways from the message.

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

1. We should have a practice of regularly examining our own hearts.
2. Pride and contentment are opposites.
3. Pride will always lead us to destruction.
4. It is spiritually mature to examine our inner selves and to ask God to sift us and refine us.

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

- **HEAD** – Read Psalm 131. What does David say about examining his own heart?
- **HEART** – What does it feel like to examine your own heart? Share an aspect of your life that needs refinement.
- **HANDS** – What would it look like for you to find a trustworthy Christian to confess your sins to?

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

Read Psalm 131 then pray through the following prompts.

O Lord, you alone are worthy of praise, remind me of this when I \_\_\_\_\_.  
I confess to you that I often feel \_\_\_\_\_ instead of content with your plans for me.  
Thank you for forgiving me through Jesus Christ for my failure to \_\_\_\_\_.  
By the power of your Holy Spirit, help me to live a life characterized by \_\_\_\_\_.