



Week 3: God's Got You!

FACILITATOR'S NOTE:

How To Prepare For Leading Your Group: ¹

- Dedicate some time before leading to pray for your group and arrange the discussion questions in a way that suits their needs and the time given to meet.
- Review the Bible verses and "Big Idea" of the message to help you gain clarity around the heart of this week's message.
- Use the discussion questions as a template. **You do not need to use all the questions given.** Ask the Holy Spirit to guide your discussion in a way that honours God, engages the group and helps your group apply the Bible passage and the speakers "big idea" to their life.
- You are not the answer. Your responsibility is to facilitate the discussion and keep it on track. The questions are meant to spark conversation as your group interacts with the content of the message. Encourage interaction with the content as opposed to "answers" to the questions. It is ok to disagree and have different views in a way that honours God and values your group members' **own journey with God.**

How To Use the Discussion Questions:

- Start your groups discussion with the "Check-in" question to help your members reflect back on their week and follow up on last week's message. It is ok if no one remembers the last week or applied the content. The weekly reminder for feedback may lead to application becoming a habit.
- Read this week's scripture passages **together** (ask for volunteers) and guide your group through the "discuss" questions to initiate meaningful dialogue around key concepts or insights from this week's message/passage.
- Move your group discussion to a deeper level by leading them through questions in the "apply" section. Use discernment to customize these application questions to meet the **needs and dynamics** of your group, moving from ideas about the message to the application of the message to your members life / current circumstances.
- Connect with God together as a group through prayer. This can be in the form of **prayer requests or prayer practices.**
- If you routinely do not have enough time to pray together, **try starting your meeting with the prayer section.** Many leaders have found that giving the group a cut off time to end the discussion (set a timer) and transition to prayer is very effective for time management (usually the last half hour of the meeting).
- Prayer is so key to the application of the passage and transitioning the message from the head to the heart. An open honest time of prayer will help members in your group feel cared for and more involved.
- Commitment to a time of prayer together as a group is key to a healthy group experience, spiritual growth, and the application of Scripture.

¹ For more resources on care and prayer, check out the Slack channels.



<p>CHECK-IN</p>	<p>This week, we celebrated Pastor Brian’s 25th anniversary at <i>the bridge</i>. Reflect on the greatest impact he has had on you personally as your pastor.</p>
<p>BIG IDEA</p>	<p>God’s sustaining grace is His power and His wisdom making its way through all our struggles.</p>
<p>DISCUSS</p>	<p>Read Philippians 1:6 and 1 Peter 5:8–11</p> <ol style="list-style-type: none"> 1. What’s the difference between finishing the race and finishing it well? Why does God not just want to save us, but to sustain us in this life? 2. 1 Peter 5:8–9 describes Satan as a roaring lion looking for someone to devour. What does this imagery mean to you? What are some ways we can stand up against the devil? 3. Is it a sin to be tempted? When does temptation become a sin? When you’re tempted, do you consider your temptations unique? Why do we tend to think this way? What help does God give to us when we’re tempted (see 1 Corinthians 10:13)? In what area(s) of your life can you apply this truth to?
<p>APPLY How do we respond to God’s teaching in meaningful ways? What might God ask of us in mind, spirit, or actions?</p>	<ol style="list-style-type: none"> 1. Have you ever been between a “rock and a hard place”? What were the circumstances? How has this message spoken to you regarding that place and situation? 2. God’s sustaining grace helps us: <ol style="list-style-type: none"> a. to keep resisting when we’re tempted b. to keep standing when we’re tired c. to keep going when we’re troubled <p>Where do you need to apply God’s sustaining grace today? Was there anything mentioned in the sermon</p>



(or in your LifeGroup) that could help you to apply His grace for your situation?

3. Running the Christian race is not just a race to be finished, but also to cheer others along the way as they run it too. Who has been cheering you on as you run the good race? Who do you know who needs some cheering in their race?

PRAYER PRACTICE (15 minutes)

Please use **ONE** of these two options to lead your group through prayer. Choose the one that fits best with your group:

1. Palms Down, Palms Up Prayer Practice

Step 1: Sit in a comfortable position with as little background distraction as possible. Turn off cameras and audio on Zoom. Take a few deep breaths.

Step 2: (Allow 2 minutes) Put your palms down as a symbol of letting go. Talk to God as if he was sitting across from you. Tell Him what's on your mind as if your best friend were sitting beside you. Talk about your hurts, your distractions, your cares, what happened today or what made you happy or you are looking forward to. Share whatever comes to mind.

Step 3: (2 minutes) Now turn your palms up as a symbol of surrender and receiving. Sit in silence listening to God. It is natural for your mind to wander. When it does, gently bring it back to focus on God, listening to what He has to say in response to you.

Step 4: (5 -7 minutes) Debrief with the group. Let these questions guide you:

- What was your experience during this exercise?



- What did you hear God say to you?

OR

2. Write down prayer requests for the group.

Either leader or another member can write.

Step 1: Begin the time of prayer by asking each member of the group to share one thing they need help with.

Step 2: Explain to the group that we will be praying for each other's prayer requests. Ask those who feel comfortable to pray for one of the requests given.

Step 3: Ask someone to pray first, then allow others to join in and pray afterwards.

Step 4: After all requests have been prayed for, the leader will allow a time of silence (approx. 1 minute), then will close the meeting by praying for any missed prayer requests and close the practice in a final prayer. (leader can use the following or do his/her own)

"Lord, may we discover who we are in You. Give us ears to hear your calling. Help us Lord to be obedient to use the gifts you have given us for the benefit of others. Use us to bring change to our communities, to comfort those who need comfort and to serve those you put in our path." Amen.