



## Week 3: From Overwhelmed to In Control

### FACILITATOR'S NOTE:

- ✓ Start your group discussion with the “Check-in” question to help your members reflect back on their week and follow up on last week’s application challenge.
  - ✓ Review the “Big Idea” to help you gain clarity around the heart of this week’s message and focus your group’s discussion towards a clear direction.
  - ✓ Read this week’s scripture passages together and guide your group through the “Discuss” questions to initiate meaningful dialogue around key concepts or insights from this week’s message.
  - ✓ Move your group discussion to a deeper level by leading them through questions in “Apply”. Use discernment to customize these application questions to meet the needs & dynamics of your group.
- NOTE:** You do not have to cover all the questions provided in “Apply”.
- ✓ Connect with God together as a group through this week’s “prayer practice”, which can be in the form of a prayer exercise or some guidance on what to pray for in relation to the message or application.

### UPDATED NOTES TO FACILITATORS RE: COVID-19

During this unprecedented time of the COVID-19 pandemic, the primary focus of your group should shift to the immediate needs and mental health of your members. We are adopting a **C.P.R.** approach during this season, which stands for the following:

- **Care** refers to the love and support that we offer in our groups, from helping one another with tangible needs, rejoicing in celebrations together, and supporting personal struggles with encouragement and empathy
- **Prayer** refers to offering our gratitude and praise to God, bringing our worries to Him, and praying for our community and world
- **Remembering** refers to reflecting on God for who He is, what He has personally done in our lives, and what He is capable of doing

DQs will continue to be provided for our sermon series, but will be shortened and simplified since your group’s attention and time should be devoted more towards CPR. For more resources on care and prayer, check out the Slack channels.

### CHECK-IN

What is something that God has been revealing to you or reminding you about during this time of social distancing?

<p><b>BIG IDEA</b></p>	<p>When we allow God’s Kingdom to become the prioritizing, organizing, and optimizing influence of our life, we will find ourselves less frazzled and overwhelmed by the cares and demands of this world as He begins to reorient us and direct the activity of our life.</p>
<p><b>DISCUSS</b></p>	<p><b>Read Matthew 6:24-34</b></p> <ol style="list-style-type: none"> <li>1. Why do you think God wants us to seek and prioritize his kingdom in our lives above all else?</li> <li>2. Do you find it challenging to understand or relate to the concept of “the kingdom of God”? How would you rewrite the verse in Matthew 6:33: “Seek ye first....” so that it’s more meaningful and relatable to you?</li> </ol>
<p><b>APPLY</b> 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"> <li>1. What is something, other than God, that has become a prioritizing and organizing influence in your life (e.g., career, finance, education, relationship, health, etc.)? How has your life been shaped by this priority?</li> <li>2. Why is it sometimes hard for us to seek after the things of God and what can we do to make it easier?</li> </ol>
<p><b>PRAYER PRACTICE (15 minutes)</b></p>	<p>Did you know that the lyrics in many worship songs are derived from actual scripture passages? (Some of us may be familiar with an old song from the 70s based on Matt 6:33!)</p> <p>Since we know that mediating on the word of God is one way to get closer to him, take some time this week to find a worship song based on a scripture passage that you can listen to during your prayer practice that will help you to reflect on his promises.</p>