



Week 7: From Stuck to Moving On

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 landed with you from this week’s message? Or, What were your experiences using **T**(ruthful) **H**(elpful) **I**(nspirational) **N**(ecessary) **K**(ind) speech as discussed in last week’s sermon?

<p>BIG IDEA</p>	<p>God is more concerned with the journey than he is with the destination.</p>
<p>DISCUSS</p>	<p>Genesis 37 - the account of Jacob and his son Joseph.</p> <ol style="list-style-type: none"> 1. Looking back at Joseph's story, we see God's hand at work. Consider your own story. Where have you seen Jesus at work in times where you have felt stuck? 2. What growth in character did you experience as a result of Jesus journeying with you through those seasons?
<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. Let's go on a God hunt, and see where God is moving in our lives. Invite Jesus to walk with you on your journey towards becoming a person of character. Consider doing this through The Prayer of the Examen in the below prayer practice. 2. If you are experiencing a season of being stuck right now, consider whether approaching a trained counsellor, psychotherapist, psychologist might be helpful in processing the stuck areas of your life.
<p>PRAYER PRACTICE (15 minutes)</p>	<p>The Examen is a method of reviewing your day in the presence of God. It's actually an attitude more than a method, a time set aside for thankful reflection on where God is in your everyday life. It has five steps, which most people take more or less in order.</p> <p><i>(If you are with your Lifegroup, please arrange about 10-15 minutes of quiet time for members to engage individually in the practice. Leaders, please lead the practice by reading through the script on the following page. After the practice, discuss in pairs or trios what God brought to you during the practice.)</i></p> <ol style="list-style-type: none"> 1. Relish. I spend moments in silence asking God to reveal my life to me with God's eyes, not merely my own. 2. Review. With a spirit of gratitude, I review the <i>events</i> of the past 24 hours, as if watching a movie of your day. 3. Recall. I carefully look back on the day, being guided by the Holy Spirit, for <i>emotions</i>, positive or negative, that were particularly intense. 4. Repent. If God reveals it, I focus on one or two things that didn't sit right. If I am at fault, I ask God for forgiveness, and to reveal ways to improve. 5. Resolve. I ask God to reveal how I should respond to any challenges for the day ahead.

The Spiritual Practice of the Daily Examen

The Daily Examen is a technique of prayerful reflection on the events of the day in order to detect God's presence and discern his direction for us.

Look for God by looking at what has happened in your life in the last 24 hours. A way of praying. Different from the kind of prayer from what you're accustomed to. look for God by looking at your life in the last 24 hours.

This is bigger than gratitude. It is bigger than confession. It is more than direction. It is to find God in the midst of your life. While you eat. When you cook. While you're at your desk working. If God is transcendent over everything, then He is also involved in everything. All the details. God is present in our daily experience.

The Examen is always 5 steps. They are always the same 5 steps, just worded differently. The words we will use are:

Relish, Review, Recall, Repent, Resolve.

Put on some quiet music. I'll say some things about each step, and then we'll pause for prayer.

Shut out distractions as much as you can.

Close your eyes

Go into that private place deep in your heart.

Relish God's presence and grace. Ask God for Grace to see your lives through God's eyes not our own. Ask the Father to shine his light on your life. Pray - God I want to see my life through your eyes. Not my own. I Pray for the grace to pray, to see and to understand. Now as you are resting in His presence, give thanks to God for everything in your life, the generous giver of gifts. Imagine all blessings and gifts descending from above. Imagine God bathing you with gifts as rays from the sun. Receive this from God with gratitude.

With a spirit of gratitude, **Review** the events of the last 24 hours. All of them - the mundane, the special, the quiet, the frantic. Imagine you're watching a movie of your day. 24 hours ago. Look back on the vents of the day. What did you do? Who were you with? Be alert for the times when God was particularly present. Take some time to Review your day.

Now **Recall** a time in your day when your emotions were particularly intense. These can be good or bad. Happiness, peace, satisfaction. Anger, sadness, irritation. Recall what was happening when you felt this way. Ask the Holy Spirit, what does this mean? Take a few moments to Listen for what the spirit is telling you.

Repent of what went wrong. Focus on one or two things that didn't sit right. A troubling encounter. A plan that fell through. You did something you wish you hadn't done. Take a few moments for these memories to surface. If you were at fault, ask God for forgiveness. Ask God to show you ways to improve.

Last step of the Examen.

Resolve to live tomorrow well. How are we going to love God and people tomorrow? What will you be doing? Who will you be with? What will be challenging for your tomorrow? Think about this for a few moments. (PAUSE) Ask God, "what one thing should I do in the day ahead? Listen to what God is telling you. Ask God "what else do you want to say to me?" Listen.

Close with the Lord's Prayer:

"Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as it is in heaven.
Give us today our daily bread.
And forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation,
but deliver us from the evil one
For thine is the Kingdom
And the power and the glory
For ever and ever.
Amen.

[For future practice of the Examen, there are available two Apps recommended:
Reimagining the Examen, Examen Prayer]