



Week 9: From Restless to Fulfilled

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.

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| <p>UPDATED NOTES TO FACILITATORS RE: COVID-19</p> | <p>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:</p> <ul style="list-style-type: none"> ● 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 <p>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.</p> |
| <p>CHECK-IN</p> | <p>What landed with you from this week’s message?</p> |

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| <p>BIG IDEA</p> | <p>There are times when we may feel stuck in a rut at work or even in life. The good news is that when we place our life in God's hands with humility, casting our care on him, he can re-ignite our passion and move us from restlessness to fulfillment and from frustration to confidence in Jesus.</p> |
| <p>DISCUSS</p> | <p>Read 1 Peter 5:6-11</p> <ol style="list-style-type: none"> 1. How does this passage and our belief that God is in control encourage us during this time of turmoil? 2. Is there a specific area from this passage that you feel you need to work on (e.g., humility, casting your anxiety on him, being alert, resisting the enemy)? Explain why. |
| <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. For those who have been afforded more time and space during this pandemic, how can you best utilize this unique opportunity to grow and align your life with God's purposes and the passions He has placed in you? 2. For those who are able, what are some practical ways for you, or your small group, to encourage and support the people, communities and organizations that may be struggling around you? |
| <p>PRAYER PRACTICE (15 minutes)</p> | <p>During this time of great need around us, practicing prayer more regularly or intensely as a group can serve as an act of care, mission, and communion with God.</p> <p>Read Jeremiah 29:11-13</p> <p>Spend some time sharing our worries and anxieties. Cast our worries and needs of tomorrow upon Jesus. Pray that God will give us hope and renew our passions to serve Him using the finances, talents and resources he has provided us.</p> |