



# WEEK 10 | AN UNSINKABLE JOY

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## 1. CATCH UP ON LIFE:

*This is when we update each other on the things that Jesus has been up to in our lives since we last saw each other. As church family, we care about each other's lives: what we're celebrating, what we're mourning, what decisions we are praying through, and everything in between. (1 Thessalonians 2:8, Romans 12:10 and 15)*

*Suggested time: 20-30 minutes*

- When were you most aware of Jesus' presence this week?
- When were you least aware of Jesus' presence this week?

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For LifeGroup training resources check out [MidtownLifeGroups.com](http://MidtownLifeGroups.com)

## 2. REVIEW THE MISSION:

*Just like God the Father sent Jesus on a mission of reconciliation for us, Jesus sends us out as ambassadors of His reconciliation. We are called to make disciples wherever we go because Jesus changes everything. (John 20:21 and 2 Corinthians 5:18-20)*

*Suggested time: 10-20 minutes*

### 1. People:

- Reactive - Who in your life (family, coworkers, etc.) can we join you in praying for? Who has God put around you that is showing spiritual interest? Who is hurting and could use some love from our group?
- Proactive - Who are the people we are intentionally living on mission with (neighbors, STC partner organizations, or a specific demographic in Columbia)? What are our upcoming plans to love, serve, and build relationships with this group?

- ### 2. Plan:
- Are there any rhythms already planned, or an extra rhythm we could plan to create a way for these friends to connect with our group?

**Pray:** *Prayer is the fuel of God's mission. Let's pray for our people by name; pray for their needs, and opportunities to have spiritual conversations that help them take next steps toward Jesus.*

## 3. SCRIPTURE & SERMON DISCUSSION:

*God uses His Word to reveal Himself to us, equip us to live the good life He's designed for us, show us our sin, and strengthen us as we follow Him. We preach the Word on Sundays and apply it as a LifeGroup throughout the week. (2 Timothy 3:16-17, Colossians 1:9-12 and James 1:22-25)*

*Suggested Time: 20-40 minutes*

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For tools and resources to grow in your walk with Jesus, go to [FollowingJesusTogether.com](http://FollowingJesusTogether.com)

# I. SCRIPTURE DISCUSSION

Primary Passage: **Philippians 4:4-7**

Read **Philippians 4:4-7** out loud. Spend some time silently reflecting and journaling the following questions as a LifeGroup. (These questions can be used with any passage of the Bible to study on your own.)

- What stands out from the passage?
- What does this passage reveal to us about God?
- What does this passage reveal to us about people?

Share with one another what you thought, reflected, and wrote about.

# II. SERMON DISCUSSION

What stood out to you from the sermon?

In the sermon we said anxiety can be a truth teller communicating the following:

- We live in a fallen broken world
- Good things are worth caring about
- We are not in control

With those in mind, what are you prone to worry about? What causes you anxiety?

In the sermon we said that whenever worry hits you, to let that be your trigger to push into the presence of God in prayer. With that, let's spend some time in prayer. As a LifeGroup spend an extended period of time together praying out loud for the following:

- Thanking God for who He is
- Thanking God for what He's done in your life

In the sermon we said that when we ongoingly practice this type of prayer, we realize the following three things:

- God is in control
- God cares about good things more than we ever could
- God is going to make the world right

Because of that, what can you be doing this week to integrate prayer more into your life?

The logo for 'Following Jesus Together' is written in a stylized, cursive font. 'Following' is at the top, 'Jesus' is in the middle, and 'Together' is at the bottom, all in a dark color.

How's practicing gratitude gone for you this last week? (If you're having difficulty, how can the LifeGroup help you put a plan in place?) What's one thing you're grateful for this week?

# 4. ENGAGE THE HEART:

*Jesus calls us to walk in the light, confessing our sins to God and each other. God's Spirit works through confession and community to lead us to repentance. (Romans 3:23-24, James 5:16 and 1 John 1:5-10)*

*Suggested Time: 20-40 minutes*

We fight deceitful ideas with truth. We do this regularly through resources like the Digging Deeper Chart, Go-to Verses for Gospel Fluency, and the Truth Train. All of these tools are available at [FollowingJesusTogether.com/confession](https://FollowingJesusTogether.com/confession)

How are you abiding with Jesus (Bible reading and prayer) this week?

Where have you seen victory over sin in the last week? Where have you been encouraged in your walk with Jesus in the last week?

**Pray:** *James tells us that a community that regularly confesses sin and prays for each other will see a lot of healing. Confess your sins to God in prayer and pray for each other. **Pray** for the Spirit to work in you as you take steps of repentance.*