

Small Group Discussion Questions



// Week of May 19, 2024

LEADER INFO

- On Sunday we celebrated as an astonishing 82 people took their next step of baptism!
- The Financial Learning Experience - Intro Night (no commitment to the class required)
 - Sunday, June 2nd, 6:30-8:30pm
 - Led by the founder of FLE (in-person) Joe Sangl!
 - Childcare is provided

GROW This section is based on the sermon from Sunday. You can find it here: <https://www.southsidelife.com/>

ICE BREAKER What is one highlight from your week? One lowlight?

The Wind and The Sails

"The inner life trumps outside circumstances."

Read

Psalm 18:14

A healthy spirit conquers adversity,
but what can you do when the spirit is crushed?

Ephesians 3:14-21

14-19 My response is to get down on my knees before the Father, this magnificent Father who parcels out all heaven and earth. I ask him to strengthen you by his Spirit—not a brute strength but a glorious inner strength—that Christ will live in you as you open the door and invite him in. And I ask him that with both feet planted firmly on love, you'll be able to take in

with all followers of Jesus the extravagant dimensions of Christ's love. Reach out and experience the breadth! Test its length! Plumb the depths! Rise to the heights! Live full lives, full in the fullness of God.

20-21 God can do anything, you know—far more than you could ever imagine or guess or request in your wildest dreams! He does it not by pushing us around but by working within us, his Spirit deeply and gently within us.

Proverbs 14:30

A sound mind makes for a robust body, but runaway emotions corrode the bones.

Proverbs 12:25

Worry weighs us down; a cheerful word picks us up.

1. How does your spirit get crushed?

- a. Unbalanced Physiology: ie. there's a connection between your spirit and your body!
 - i. Read Proverbs 18:14 again. What does it take to be able to "conquer adversity?"
 1. If you keep pushing yourself too hard physically and mentally, what happens to your ability to overcome hardships?

*Leaders: * If you have a healthy spirit, you can handle adversity and challenge. However, if your spirit is crushed, it doesn't matter what's happening out here... everything feels dark defeated, discouraged, listless and lost.*

2. How does anxiety affect your spirit?

- b. Destructive Relationships:

- i. Read Proverbs 12:25 again. How has worrying about what someone has said about you, treated you or spoken to you affected your spirit in the past?

c. Overwhelming Guilt:

- i. Revelation 12:10 refers to our spiritual enemy, the devil, as “the accuser” and says that he accuses us day and night.
 - 1. Do you ever have moments when something you did or said pops into your head and you feel guilty? What do you feel guilty about?
 - 2. How does the accuser use guilt to crush our spirit?

d. Overarching Fear (of Death):

- i. There are times when we are living it up, enjoying life, and we are hanging on desperately to the illusion of being in control of our lives. Life is good, and fun and fair, and if we play our cards right, the party will go on and on and on, but Proverbs points out, that we all know that’s not true.

Deep inside, it’s not a question of “if”, it’s a question of “when” you will die. God knows that if we can’t find a way to deal with the reality of death, our spirit will be crushed.

- 1. Discuss

e. Misplaced Hope:

- i. We all have things we look forward to: like graduation, vacations, that new job, a morning routine, a new relationship, that hike you have planned on the weekend...
 - 1. All of these things are good things. There are so many things in this world but the emptiest, the loneliest and the most crushed that you can feel is when you placed your faith in something of this world to save your spirit and it let you down.
 - a. Discuss.

2. How do you get the wind back in your sails?

a. Unbalanced Physiology:

- i. Read all of Psalm 23. What is God’s counter-cultural invitation for us in the area of rest with Him?

b. Destructive Relationships:

- i. Read: Psalm 139:1-14
 - 1. Jesus knows us and what He says about us trumps whatever someone else

says about us or to us. How does that lift our sails?

c. Overwhelming Guilt

- i. Micah 7:18-19 says:

*Where is the god who can compare with you—
wiping the slate clean of guilt,
Turning a blind eye, a deaf ear,
to the past sins of your purged and precious people?
You don't nurse your anger and don't stay angry long,
for mercy is your specialty. That's what you love most.
And compassion is on its way to us.
You'll stamp out our wrongdoing.
You'll sink our sins
to the bottom of the ocean.*

- ii. When we ask Him for forgiveness, God chooses to forget our sins - hurling them into a sea of forgetfulness. God doesn't want us to be held captive by our mistakes.
1. Discuss.

d. Overarching Fear (of Death):

- i. How does living life, remembering that Earth is not our true home or final destination, change how we see life and death? How does this help us to conquer the fear of death?

e. Misplaced Hope

- i. Read 2 Corinthians 4:16-18
1. Where should we place our hope every day? How could that look for you?

Pray

