

Life Group Notes
Week 1
(22nd March 2015)



Welcome

- What did you receive from the I Grow conference?
- What did you feel God say to you?
- What impacted you and what will you be implementing as a result?

Word

As Christians we need to learn to “feed ourselves” in order to grow in our walk with God and sometimes that includes moving through periods of “stuckness” or spiritual dryness:

Read Psalm 63 V 1-8 -We can sometimes experience times of feeling “stuck” in our walk with God.

- Describe a time in which you felt “stuck” spiritually; what did you feel ?
- How did you experience prayer/ worship /reading the Bible in those times?
- **Re-read Psalm 63 V 1;** David likened his dryness with God to the physical desert (he was in the Wilderness of Judah at that time). Can you relate to his description of spiritual thirst as a physical and emotional weakness /longing?
- We often become spiritually dry when we are tired or distracted. At other times it is due to worry or disappointment about a situation we are facing. Share with the group a time in which you felt “stuck” because of one of these factors.
- Another reason why we feel spiritually “stuck” is that God is allowing us to become frustrated with a situation or our experience of Him in order that we might “push on” to a deeper experience of Him, or to seek His will for the situation in front of us. Some writers have called this “holy discontentment “. Ask people to share in the group if they have ever experienced this type of “stuckness” and where did it led in terms of their walk with God, or what they did as a result.

Read Psalm 63 V2 The answer to “stuckness” is to reconnect with-God.

- When we intentionally bring our focus back onto God, and look “up” we can regain our perspective of God and can reconnect with Him.
- Give some time in the group for people to talk in pairs about their connection with God at the moment and to share where they are at. People may need to do different things in order to gain their connection back to God:
 - Surrender their “hold” of a situation so that they can lay it in His hands.
 - Confess their anxiety/ fear about a situation they face and ask for God’s peace.
 - Change their mind (repent) about an attitude that they know they are holding about somebody who has hurt/ offended them
 - Rest in Him rather than making a lot of effort.

Read Psalm 63 V 3-8 -What are the “tips” to help us to remain connected to God?

- Ask the group to share the ways they have of remaining in connection to God – what helps them?

Worship –Spend some time thanking God/praising God for His goodness to cultivate our thankfulness and praise.

Works- recap where you’re at with inviting people to the Easter events and pray in groups.

