

Lifegroup Notes

Sun 15th April 2018
“Seasons”

Welcome

What are some of your favourite things in the seasons that we go through? (Spring, Summer, Autumn, Winter)

On Sunday we started our new series called Seasons...

One of the challenges in life is to realise the season you're in, then recognise what is happening to you and within you and then respond to what God wants to do in that season.

Share with the group the season you feel you're in at the moment?

Word

Simon spoke on Sunday about when life feels overwhelming...

We've all felt overwhelmed at some point in our lives and we're in good company. Moses, Elijah, Jeremiah, even Jesus himself felt overwhelmed at various points in their lives.

Read 2 Chronicles Chapter 20.

- What did God say to you as you read the Bible passage?
- What word or phrase was most meaningful to you?
- In what ways can we use this passage to deal with our own feelings of being overwhelmed?
- In the face of being overwhelmed, what were the 3 'P's Simon mentioned on Sunday?

Read Psalm 23.

- How would you describe a shepherd, according to this psalm?
- In what ways are you like a sheep who need a shepherd?
- What hope can Psalm 23 provide when you feel overwhelmed?
- What can you do this week to begin moving from overwhelmed to overcomer?

Prayer

This is where you turn your thoughts into prayer.

It could be a prayer of gratitude or praise.

It could be a prayer of confession or a request for God's help. It's up to you. But take a minute to write a prayer of response to God.

If you feel able, please share them with your group.

Then pray for people in whatever season they're in, especially those that feel overwhelmed