

Connect group notes - One Step Beyond

Week 2 - How to take a step out of discouragement

Start talking...

Where is your happy place, your safe place, the place you go to get away from it all where you feel most alive and energised?

Start discussing...

This week we are talking about caves and especially the cave of discouragement

- Caves play a big part in the Bible story, what examples can you think of that feature caves?
- Caves are places of discovery and safety, how have you experienced this in your life?
Caves are also meant to be temporary or your cave can become a grave!
- Why is the image of a cave becoming a grave so graphic and powerful?
Read 1 Samuel 22 v.1-2.
- What impacts you from this short story?
We opened up the idea of 'dis' meaning opposite and pulled apart....
- This season we have felt and experienced many 'dis' words. which ones come to mind?
Open up a conversation about the progression....
Disappointment - Disillusionment- Discouragement
- How have you experienced these 'caves' in your life and experience?

Start applying...

David wrote many Psalms and some contain keys to taking a step beyond your cave...
Read Psalm 57.

- What impacts you from these verses?
- How powerful is gratitude, thankfulness and worship in our lives?
- What have you learned and what are you learning about worship during this season?

Start praying...

- Anyone feel in a cave right now that they want to come out of?
Pray for each other, allow the Holy Spirit to speak through you, maybe you could be the voice of Jesus that people need to hear....

Who can you invite to Alpha starting on April 21st?

Going deeper....

Look at some of the other cave experiences of the Bible and draw out themes and learnings...

Elijah - 1 Kings 19 v. 9-18

David - 1 Samuel 24 v. 1-12

Lazarus - John 11 v.38-44