

Life Group Study: Week 1 4/5/2020 – *Life In The Dark*



Potluck & Covenant Week

This week, we start our Spring Session of Life Groups. With the federal and local mandates of “safer at home,” it’s a “Whole New World,” so all of our Life Groups will be meeting via a digital platform, e.g.- Zoom, FaceTime, Skype, Google Hangouts, etc...Your first night will include a potluck and covenant meeting. Your Life Group leaders should have contacted you by now to welcome you, help you get set up on Zoom, or another digital platform, and shared how you will all be doing a “creative” potluck this time around! ☺ If you have not heard from your Life Group leaders, please contact Stacy Sullivan at lifegroups@rockypeak.org, and she will help you get connected.

The Life Group covenant explains the purpose of your Life Group, clarifies the expectations for being a part of your Life Group, and explains what you are committing to for this session.

As you prepare for your meeting, make sure to take some time to answer the questions in the study and be prepared to share your thoughts and insights in the first meeting.

Finally, we are providing less space for answers on this sheet so make sure to have a journal handy to write down your answers.

Enjoy!

Getting To Know Each Other

As we are all asked to stay at home to help “flatten the curve” of the spread of COVID-19, what are 2 positive outcomes of this unprecedented change in your life? What is one creature comfort (something that you do daily, a process that you have daily, something that you wear or cook, etc...) that you treasure right now?

Study Questions

- 1) For the past three weekends, we have been in a special mini-series called *How To Cope With a Crisis* due to the current global effects of the COVID-19 virus. Grab your journal and spend a few minutes praying and journaling about the following:
 - ↳ What insights has God given to you through this series? What are you learning? What has He taught you? How would you like to grow and be transformed in these areas?
 - ↳ Write a prayer in your journal asking God to anchor these new learnings into your heart and life.
- 2) The three messages in the *How To Cope With A Crisis* series were:
 - *The First Step*
 - *The Next Steps*
 - *Life In The Dark*
 - ↳ Which message was most impactful for you? Why?

3) In the weekend message, Dre shared the following quote from Matt Chandler:

“The Bible isn’t full of clean, happy living. You could argue that it’s a book more full of tears than smiles... God is with his people through suffering and through difficulty, so that they come out on the other side as a picture of grace and glory, and he uses them in their pain and changes the world through the results of their trials.”

↳ What is your initial reaction to this quote? Explain.

↳ Based on the weekend message, and the quote above, why do you think that God uses suffering to advance His Kingdom?

4) Dre shared that three key areas are developed from *Life In The Dark*;

- *Authenticity/Vulnerability*
- *Dependence*
- *Worship*

↳ In your journal write down how God is working in each of these areas of your life. How is He growing you in each of these areas? Is there anything that you need to surrender to Him in each of these areas?

5) As we close our this Week 1 study, write down what you are struggling with most during this crisis. Write out a prayer inviting God to meet you in the midst of your suffering. (It’s ok to ask God why and it’s ok to be honest. He wants to hear from you.)

Topical Prayer

Prayer is an important part of each Life Group. Often those who are new to a Life Group are intimidated by praying aloud if they have never done it before. Others are so comfortable with prayer that they can take over the prayer time without meaning to. For these reasons we suggest practicing topical prayer to help your group get comfortable praying together. Here are three basic guidelines:

1. Focus on a Single Topic/Request at a Time

Anyone in the group is free to introduce a prayer request. Once a topic is introduced, one or two members pray for that request. Then the Life Group leader will direct the prayer time by sharing the next topic/request.

2. Pray Several Times Together

By focusing on one topic at a time, each member has an opportunity to pray at different times for the requests they are most passionate about.

3. Keep Requests/Prayers Short and Simple

By keeping both requests and prayers short and simple so that everyone has a chance to share and pray. This helps those who are new to prayer feel more comfortable praying. It also helps everyone stay focused during your time of prayer together.