

Small Group Series

Unstuck

Small Group Lesson: Week 1

Message: Help!

Main Idea: Coming to really believe that God loves me and can restore me to sanity.

Main Scripture: Varied

Group Check In: Thus far, what is the best thing that has happened to you this week?

Prayer

Connect: What are you giving up for Lent so you can make more space for God to speak?

From the Weekend Message

In the Word: Daniel 4

What was Nebuchadnezzar's root problem?

How did he hit rock bottom?

Describe his recovery

What was his attitude afterwards?

From the Small Group Video

In the Word: Isaiah 43:4/John 3:16/Romans 5:8/I John 3:1

Why do you think the scriptures are jam packed with passages that remind us of God's love for us?

What do these passages teach us about God's intent towards us, particularly as it applies to Step 2? Step 2: I have come to believe that a power greater than me can restore me to sanity.

Application:

What do you think God will do if you turn to him for help?

What if anything is holding you back from trusting God to help restore your sanity?

Where are you stuck and how can the group encourage you?

Prayer God, would you be God over our lives and help us trust you really love us and want to restore us to sanity, in Jesus name, amen.