



Life Group Notes

Faith Over a Lifetime

These notes have been put together to be used alongside the Sunday teaching at Wavertree.

This week we are looking at the whole of Daniel's life and reflecting on our own long walk of faith.

***“For he is the living God
and he endures forever;
his kingdom will not be destroyed,
his dominion will never end.***

Dan 6:26

Daniel was a teenager when he was taken into captivity and in his 80s when he faced the lion's den.

His story reflects our own, that life is not simple and doesn't happen in a straight line. There are highs and lows, often both at the same time, like train tracks running alongside each other as we go.

A lifetime of faith involves, like Daniel, knowing God in all seasons.

A photograph of a set of train tracks receding into the distance, flanked by green grass and trees. The tracks are made of metal rails and wooden sleepers, set on a bed of gravel.

JOY

HARDSHIP

DISCUSSION : 15 minutes

JOY - “Rejoice in the Lord always. I will say it again: Rejoice!” Phil 4:4

1. How easy do you find it to cultivate joy?
2. **Gratitude** helps us to find joy in all things, how easy do you find it to notice God’s goodness in the everyday?
3. **Meditating on God’s Character** helps our perspective. What are your favourite verses that remind you of God’s character?
4. Take some time to reflect on one or more of these verses and share what God is saying to you.
 - a. God’s faithfulness (Psalm 33)
 - b. God’s nearness (Psalm 16)
 - c. God’s sovereignty (Romans 8:28)
5. **Worship** also cultivates joy as we put God on the throne in our lives. You could choose a favourite song and worship together as a group.

REFLECTION: 15 minutes

LAMENT - “Hear me, Lord... for I am poor and needy.” Ps 86:6

Psalms teach us to express our emotions to God. Sit quietly, take hold of a key or something similar

1. feel the rough edges, reflect on the pain and challenge in your life
2. tell God honestly how you feel
3. ask God for the help you need
4. feel the smooth edges, thank God for his closeness with you and declare your trust in Him.

For the Lord is good; his steadfast love endures forever Ps 100

Pray and invite God’s Peace as you close