



The One

October 5-6, 2019 | Danielle Strickland

This weekend, guest speaker, Danielle Strickland, joins us to talk about Jesus being The One!

CELEBRATE

At the beginning of your small group time, it's good to share about your week and share with each other how you're doing. So, spend some time, right now, connecting before jumping into the discussion questions. You can use the *Connect* section as a guide. If you're doing this Study Guide on your own, take a moment to focus your mind on God and what He might want you to hear today.

CONNECT

1. Talk about the scariest dream, or worst nightmare, you've ever had.
2. Have you ever fallen asleep at a time you shouldn't have? Maybe it was at your desk at work or while you were behind the wheel. Share that story with those around you.

Before watching the *sermon*, or moving on in this study, take a minute to remember that God is always with you. Pray as a group for God to bless your conversation and open your eyes and hearts to what He wants you to hear.

REFLECT

Before moving forward in your study, take a moment and review the key points from this weekend's message.

1. Sometimes we can find ourselves falling asleep on our walk with Jesus.
2. It's time for us to wake up from our spiritual sleepiness.
3. Waking up from spiritual sleepiness involves fixating on the things that matter and letting go of those that don't.
4. God wants to do miracles that are greater than anything we could ask for or imagine.
5. The best day to take a step in our relationship with God is always *today*.

SCRIPTURES USED IN THE MESSAGE: Luke 9:28-36

RESPOND

1. Talk about a thought, phrase, or moment from this weekend's message that resonated with you. What made it resonate with you?
2. Read Ephesians 5:13-17. Read slowly and out loud, if possible. In verse 16, Paul encourages us to make the most of every opportunity that is before us (NIV). We must be able to live in *today* to do this. Would you consider yourself to be someone who is able to live in the present? Or, do you find yourself thinking about the past or future on a regular basis? Talk about what that's looked like in your life.
3. Danielle talked when the disciples fell asleep upon being with Jesus (Luke 9:32). Sometimes we can find ourselves being like the disciples - not being present in Jesus' presence. It can be easy for us to rip on the disciples when they do stuff like that. We can sometimes find ourselves falling asleep in Jesus' presence. Talk a time you found yourself falling asleep on your walk with Jesus.
4. In verse 13 of Ephesians 5, Paul invites us to bring our darkness into the light. It's often times in the darkness where we're most asleep spiritually. Bringing that darkness to light isn't always easy, but Jesus invites us to do it. Talk about a time you had areas of darkness that needed to, or still need to, be brought to light. Be as open as you're comfortable with in sharing.
5. The disciples were distracted from fixing their eyes on Jesus. Colossians 3:2 tells us to "set your mind on things that are above, not on things that are on earth." What are some distractions in your daily life that keep you from fixing your eyes on Jesus?
6. Had one of the disciples encouraged the others to stay awake, they wouldn't have fallen asleep in Jesus' presence. In our walk, it's vital to walk alongside others who keep us spiritually awake. Talk about the people in your life who help you fix your eyes on Jesus. Then, talk about what it would look like for you to become that person for someone else.
7. The best time to take wake up in our walk with Jesus is always *today*. What is something you could give up or pick up (maybe a discipline, practice or person) this week that will help wake you up spiritually? Take a few minutes to write some ideas down, and maybe write down the areas of darkness in your life right now that need to be brought to light *today*. Share what comes to mind with those around you.

Closing Prayer:

God, thank you for always being there for us. Even when we are too distracted or sleepy to notice it, you're always there. Help us have eyes to see you move today in our lives and make the most of every opportunity you have put before us. Thank you for putting people alongside us who can help us on that journey. We pray that you might continue to move in our lives and rid the distractions in our life that make it hard for us to fix our eyes on you.

Amen.