

LIFEGROUPS

Spring 2023 | 04.30.23

To catch up on the full Sunday messages from this series, check out our YouTube channel.

[\[YouTube Channel\]](#)

INTRO & ICE BREAKER

Introduce yourself and answer this: With all the crazy weather going on, what is your favorite season and why?

RECAP & DISCUSSION

This week, Pastor Chris continued our series, “Get Your Hopes Up,” where he began by stating how it is easy for everyone to have natural hope when it is sunny outside and life is going great, however how are we supposed to sustain that hope when the storms of life come? It is hard to have natural hope when life is not going well, it is nearly impossible. However, in times of crisis and calamity, where hope feels out of reach, we need our spiritual hope to take over and sustain us.

Discussion:

- Let's spend a few moments sharing what stood out to us from the message on Sunday. What was new or unexpected? What impacted you the most? What did you talk about after service?
- In times of crisis or when things are not going well in your life, do you find yourself falling back on hopelessness or do you find yourself falling back on your spiritual hope?

Have someone read 1 Samuel 30:1-6.

This passage shows that David, a warrior and king, cried so much there are no more tears left. He knows the importance of showing his emotions. BUT David found his strength in the Lord. As a society we tend to believe that we are being strong by stuffing our emotions instead of expressing them. Pastor Chris encouraged us to be the people that show our emotions even in front of people we normally wouldn't (like our kids, spouse, parents, friends, etc.)

Discussion:

- Identify if it is hard for you to share your emotions in front of other people, and if so, how can this Life Group begin to support you?
- How do you believe your relationships will be impacted if you begin to open up and express your emotions?

Pastor Chris concluded his message by encouraging us to be the people that submit our feelings to the Lord and draw closer to him. The way we begin building spiritual hope is by posturing our hearts and humbling ourselves before God. It will NOT come naturally, but we need to start practicing now.

Discussion:

- Let's spend a couple minutes and write down FIVE things that you are grateful for in the midst of a hard situation.
- When and how are you going to remind yourself to posture your physical body (in the means your body can tolerate) in a state of humility this week and submit to God?
- How do you think posturing yourself in humility will impact your relationship with God and others?

ANNOUNCE

- Baptism Sunday is this coming Sunday, 5/7 at 11am!
 - Bring your noise makers, pots and pans, and get ready to cheer on 13 people getting baptized this weekend!!
- Growth Track 101 starts again on Sunday, May 7th during the 11am service!
 - If you haven't taken Growth Track yet, this is the best way to get connected to our church! Fill out a connection card at ourcity.church/connect or text Pastor Katie!
- Mother's Day is on 5/14 at 9am and 11am!
 - It's going to be a special day celebrating the moms and mom-figures in our lives!

PRAY

One of the things that we want to focus on each season of Life Groups is to get comfortable praying out loud together. Close out your time together with prayer.

If you're a newer Life Group, the leader can set an example by leading in prayer, but explain that we'll all be doing this over the next few weeks together.

Explain that prayer is simply talking to God - there aren't perfect words to say. Next week, encourage someone else to close in prayer!

Are there any prayer requests or praise/prayer requests?

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