



DASHBOARD

Community Group Discussion: 06.09 - 07.07

SERIES OVERVIEW

Every dashboard on every car has a way of letting the driver know if something is wrong. Our hearts operate in a similar fashion and, all too often, we don't pay attention to the gauges and dials in our lives that alert us to danger ahead. In this series, we will look at some simple ways we can maximize and take good care of the life we've been given.

MAIN TEXT

Lamentations 3:17-24, Proverbs 13:12, Jeremiah 17:9, John 16:33

GETTING STARTED

How far can you go with the gaslight on? How often do you push this to the limit?

DIGGING DEEPER

1. Having a broken gas gauge in a car makes your gas tank hard to monitor. Do you think it's possible to be running on empty emotionally and not even know it? If yes, how does that happen?
2. Read Proverbs 13:12. What is it about a full heart that makes things just seem effortless? Why is it easier to tackle even difficult things when our heart is full?
3. In the sermon Darrel said, "When our hearts get sick we lose hope and when we lose hope our hearts get sick." Think about this statement from both angles. What does this mean?
4. The level of hope in our lives is critical for our well-being. What puts dents in your sense of hope? What causes hope to rise in your life? How can you lean more intentionally into the sources of hope you identified?

5. Darrel said, “Feelings make better thermometers than thermostats.” They help inform us, but they should not be in control. Do you tend to let your emotions run your life or do you tend to ignore your emotions entirely? What are the dangers of both? How do we find a healthy balance?
6. Our emotional lives are complex. We can sometimes even be feeling more than one thing at a time. Which of these have you felt within the past week: Angry, Sad, Afraid, Happy, Excited, Empathetic, Sympathetic ... or “other”?

NEXT STEPS

Read Lamentations 3:21-24 NLT The most important question is often, why would we dare to hope? When things are at their worst why should we not just give up and throw in the towel? Take time to remind one another why we dare to hope.

PRAY

When our hearts are empty and it feels like we have no hope for the future, one of the most important things we can do is remember who God is and what He has done. Read Psalm 42:11 and then pray to thank God for who He is. Be specific in the qualities that give you hope.

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