



LIFEgroup STUDY GUIDE

What you will need to supplement this guide:

1. A copy of the outline provided for notes on this message (copy from message or downloaded from the COASTAL APP).
2. A Bible or Bible APP to refer to verses.

PURSUING LIFE TOGETHER SUNDAY MESSAGE REVIEW

NOTE to the LIFEgroup Leader: This guide is provided as a tool to assist you in facilitating a structured discussion with your group. When used in conjunction with the outline notes and a Bible this tool will ensure that your group will *Engage Authentically*. The questions are merely recommended “talk starters”. It is important for you to let God help you navigate through the conversation as you *pursue life together* as a group.

OPEN IN PRAYER

STARTER QUESTIONS:

Where have you seen God at work in your life since we last met?

What stood out to you from the message this week?

MAIN IDEA:

- REVIEW THE MAIN TOPIC OF THE MESSAGE. Allow time for discussion
- READ THE MAIN SCRIPTURE FROM THE MESSAGE OUTLINE.

How did this verse speak to you in your life?

- REVIEW THE SUB-TOPICS of the MESSAGE.

Have someone read each of the verses that were highlighted in the message, and briefly discuss.

Is there an area that you feel God is speaking to you through this message?

FINAL THOUGHTS:

- SUMMARIZE the main idea of this message.

Would anyone like to share your thoughts about what we discussed today?

How can we pray for you as a group?

CLOSE IN PRAYER

TIMELESS

“Skin of Your Teeth”

“Then Job spoke again: “How long will you torture me? How long will you try to crush me with your words? You have already insulted me ten times. You should be ashamed of treating me so badly. Even if I have sinned, that is my concern, not yours. You think you’re better than I am, using my humiliation as evidence of my sin. But it is God who has wronged me, capturing me in his net. “I cry out, ‘Help!’ but no one answers me. I protest, but there is no justice. 8God has blocked my way so I cannot move. He has plunged my path into darkness. He has stripped me of my honor and removed the crown from my head. He has demolished me on every side, and I am finished. He has uprooted my hope like a fallen tree. His fury burns against me; he counts me as an enemy. His troops advance. They build up roads to attack me. They camp all around my tent. “My relatives stay far away, and my friends have turned against me. My family is gone, and my close friends have forgotten me. My servants and maids consider me a stranger. I am like a foreigner to them. When I call my servant, he doesn’t come; I have to plead with him! My breath is repulsive to my wife. I am rejected by my own family. Even young children despise me. When I stand to speak, they turn their backs on me. My close friends detest me. Those I loved have turned against me. I have been reduced to skin and bones and have escaped death by the skin of my teeth.”

Job 19:1-20 (NLT)

Sources of discouragement:

1. Family
2. Job
3. News
4. Health
5. Social Media

What happens when we get discouraged?

- Anxiety and stress
- Numb it with unhealthy coping mechanisms
- Isolation
- Depression

2 Types of Discouraged People:

1. Grumbler - the person who just complains about their problems to anyone with a pulse.

“No matter how much we think we do for God, He will never be in our debt!”

Because although His love for us is unconditional, our love for Him is often very contractual.

2. Groaner - the person who gives all of their discouragement, their heartbreak, their passionate pleas to the Lord.

“In prayer, sometimes when we run out of things to say, we get to the place where we make the most sense.”

Groaning in Scripture:

“Likewise, the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groaning too deep for words.”
Romans 8:26 (ESV)

“Give ear to my words O Lord; consider my groaning. Give attention to the sound of my cry, my King and my God, for to you do I pray.”
Psalm 5:1-2 (ESV)

“Years passed, and the king of Egypt died. But the Israelites continued to groan under their burden of slavery. They cried out for help, and their cry rose up to God. God heard their groaning, and he remembered his covenant promise to Abraham, Isaac, and Jacob. He looked down on the people of Israel and knew it was time to act.”
Exodus 2:23-25 (NLT)

“When Jesus therefore saw her weeping, and the Jews also weeping which came with her, he groaned in the spirit, and was troubled.”
John 11:33 (NIV)

3 takeaways if you are getting through life by the skin of your teeth.

1. You are not ALONE!

“The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.”
Deuteronomy 31:8 (NIV)

2. Isolation is a tool of the enemy.

3. Don't grumble to people, instead groan to the Lord.

“Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you.”
1 Peter 5:6,7 (ESV)