



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

WINNING THE WAR IN YOUR MIND

“I’m There”

“The false narrative that if we have Jesus, we shouldn’t struggle... It’s OK to not be OK. Church is full of broken people. You are not alone.”

-Kimberlee Westlake, Coastal’s Online Campus Pastor

- Elijah was ready to give up.

“I have had enough Lord, he said. Take my life.” (1 Kings 19:4)

- David battled deep despair.

“Why are you downcast, O my soul? Why so disturbed within me?” (Psalm 42:11)

- Jonah was so angry he wanted to end things.

“...I am angry enough to die.” (Jonah 4:9)

- Job suffered through incredible grief.

“I have no peace, no quietness, I have no rest, but only turmoil.” (Job 3:26)

- Jeremiah wrestled with feelings of failure and insecurity.

“Why did I ever come out of the womb to see trouble and sorrow and to end my days in shame?” (Jeremiah 20:18)

- Jesus was deeply anguished over what lay before Him.

“My soul is overwhelmed with sorrow to the point of death,” he said to them.” (Mark 14:34)

“Mental pain is less dramatic than physical pain, but it is more common and also more hard to bear. The frequent attempt to conceal mental pain increases the burden: it is easier to say “My tooth is aching” than to say “My heart is broken.” — C.S. Lewis.

One of the greatest predictors for future mental health
is healthy relationships with others.

We were created to be in relationship

“The LORD God said, “It is not good for man to be alone.”” Genesis 2:18 (LB)

There is a fundamental piece of who we were created to be
that is only found in deep relationship with other people.

"Just as there are many parts to our bodies, so it is with Christ's body. We are all parts of it, and it takes every one of us to make it complete, for we each have different work to do. So we belong to each other, and each needs all the others." Romans 12:4 (TLB)

"Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour." 1 Peter 5:8 (NIV)

"In those days when the number of disciples was increasing, the Hellenistic Jews among them complained against the Hebraic Jews because their widows were being overlooked in the daily distribution of food." Acts 6:1 (NIV)

"So the Twelve gathered all the disciples together and said, 'It would not be right for us to neglect the ministry of the word of God in order to wait on tables. Brothers and sisters, choose seven men from among you who are known to be full of the Spirit and wisdom. We will turn this responsibility over to them and will give our attention to prayer and the ministry of the word. This proposal pleased the whole group.' Acts 6:2-5a (NIV)

"They chose Stephen, a man full of faith and of the Holy Spirit; also Philip, Prochorus, Nicanor, Timon, Parmenas, and Nicolas from Antioch, a convert to Judaism. They presented these men to the apostles, who prayed and laid their hands on them." Acts 6:5b-6 (NIV)

"So the word of God spread. The number of disciples in Jerusalem increased rapidly, and a large number of priests became obedient to the faith." Acts 6:7 (NIV)

Signs of a healthy Christian Group:

- Diversity
- Servant leadership
- Capacity to resolve conflict

2022 FALL LIFE GROUPS

- The PATHWAYS message series is 7 weeks: October 2-November 13
- There are all types of LIFE groups: Women, Men, Both men and women. 5 Young Adult LIFE groups.
- Start by using Coastal's online search engine to find the perfect location, time, and type of group for you.
- Or you can go to the LIFEgroups Kiosk next to the Connection Center. There is an iPad that is already on the "find a group" page and you can start your search there.
- Or go to the LIFEgroup table... there are flyers with the names and photos of LIFEgroups and their leaders. On the back of each is a QR code that will lead you straight to their page to register for their group.
- Or just email Trabelus (trabelus@vbcoastal.com) our Next Steps Pastor, and he can assist you in finding a group.

"Whenever two or three of you come together in my name, I am there with you." Matthew 18:20 (CEV)