

Life Group 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 Life Group 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

“What’s Holding You Back?”

“The Lord says, *‘Forget about what has happened before. Do not think about the past. [Instead] look at the new thing I am going to do. It is already happening. Don’t you see it?’*” Isaiah 43:18-19 (NCV)

“Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us.” Hebrews 12:1 (NKJV)

How to deal with the “Weights” of the past
so you won’t miss the New Things God wants to do in 2020:

- The Worry Weight

“Worry weighs a person down.” Pr. 12:25 (NLT)

“I am worn out by my worries.” Ps. 55:2b (TEV)

“My awful worries keep growing.” Ps. 25:17 (CEV)

“Will your worries add a single moment to your life?” Mt. 6:27 (LB)

“Let go of your concerns. Then you will know that I am God. I rule the earth.” Ps. 46:10 (GW)

“Instead of worrying, pray. Let your petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God’s wholeness... will come and settle you down. It’s wonderful what happens when Christ displaces worry at the center of your life.” Phil. 4:6-7 (Msg)

- The Wounded Weight

“My heart is wounded within me.” Ps. 109:22b (NIV)

“Let go of anger, and leave your rage behind. Do not be preoccupied. It only leads to evil.” Ps. 37:8 (GW)

“Get rid of all bitterness... no more hateful feelings of any sort. Instead... forgive one another, as God has forgiven you through Christ.” Eph. 4:31-32 (TEV)

- The Sin Weight

“Your wrongs have separated you from your God, and your sins have made Him hide His face so that He doesn't hear you.” Isa. 59:2 (GW)

“When I refused to confess my sin, I was weak and miserable, and I groaned all day long.”

Ps. 32:3 (NLT)

“I know about my wrongs, and I can't forget my sin.” Ps. 51:3 (NCV)

“If we confess our sins, he will forgive our sins... and cleanse us from all the wrongs we have done.” 1 John 1:9 (NCV)

“You (God) will forgive them and put them away; You will wipe out all the wrongs I have done.” Job 14:17 (TEV)

“God, be merciful to me because You are loving... Wipe out all my wrongs. Wash away all my guilt and make me clean again.” Ps 51:1-2 (NCV)