



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

POWER OF POSTURE

- Posture of Prayer

“Don’t worry about anything; instead, pray about everything. Tell God what you need and thank Him for all He has done.”
Philippians 4:6 (NLT)

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”
Matthew 11:28-30 (MSG)

“O God, you are my God; I earnestly search for you. My soul thirsts for you; my whole body longs for you in this parched and weary land where there is no water.”
Psalm 63:1 (NLT)

“The earnest prayer of a righteous person has great power and produces wonderful results”
James 5:16 (NLT)

“Give all your worries and cares to God, for He cares about you.”
1 Peter 5:7 (NLT)

- Posture of Worship

“Love the Lord your God with all your heart, all your soul, and all your mind, and all your strength.”
Mark 12:30 (NIV)

“Through Jesus, therefore, let us continually offer to God a sacrifice of praise- the fruit of lips that openly profess his name.”
Hebrews 13:15 (NIV)

“Bless the Lord, O my soul, and all that is within me, bless his holy name!”
Psalm 103:1 (ESV)

- Posture of Surrender

“Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge Him, and He will make your paths straight.”
Proverbs 3:5-6 (ESV)

“May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.”
Romans 15:13 (NIV)