

# 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

Jedi Mindset - Rest and Peace  
December 15, 2020

**God's Questions to James**

- 1) Have you surrendered?
- 2) Do you have a spirit of peace and rest?
- 3) Who am I?

**Truths about Christmas**

1. Adulting is hard and exhausting
2. It is not always awesome
3. It is super stressful and weighs heavy on us.

For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace. Of the greatness of his government and peace there will be no end.

Isaiah 9:6-7a

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

Matthew 11:28-30

**Things to evaluate in your own life**

1. Have you surrendered the thing that is stealing your rest and peace?
  - Dysfunctional Family - Jesus was not accepted in his home town (John 4:44) and his family thought he was crazy (Mark 3:20-21)
  - Illness and Loss of loved ones - Jesus lost his friend and wept he was so sad. (John 11)
  - Broken Relationships - One of Jesus' 12 closest friends betrayed him, resulting in his crucifixion. (Luke 22:1-4)
  - Financial Problems - Jesus was homeless (Matthew 8:20)
  - Loneliness - Jesus felt forsaken by God. (Matthew 27:46)
2. Do you have a spirit of peace and rest?
3. Who is God?

How long, Lord? Will you forget me forever?  
How long will you hide your face from me?  
How long must I wrestle with my thoughts  
and day after day have sorrow in my heart?  
How long will my enemy triumph over me?  
Look on me and answer, Lord my God.  
Give light to my eyes, or I will sleep in death,  
and my enemy will say, "I have overcome him,"  
and my foes will rejoice when I fall.  
But I trust in your unfailing love;  
my heart rejoices in your salvation.  
I will sing the Lord's praise,  
for he has been good to me.  
Psalm 13

- He is the God who is infinite (Psalm 147:5)
- He is the God who is all powerful (Psalm 33:6)
- He is the God who is omnipresent (Psalm 139:7)
- He is the God who is good (Psalm 34:8)
- He is the God who is gracious (Psalm 145:8)
- He is the God who is loving (1 John 4:7-8)
- He is the God who is holy (Revelation 4:8)

Grace and peace to you from God our Father and the Lord Jesus Christ.

1 Corinthians 1:3