

Plenty Good Room



Children Go Where I Send Thee: A Time of Temptation

Welcome to the Bridge! It's a joy to share this new study with you during this season of Lent entitled *Plenty Good Room*. For the next few weeks, we're going to take one of the African American spirituals as our thematic focus for scripture, as we journey together towards Holy Week and Easter.

African American spirituals have been called the earliest sacred music of the United States. Although it is difficult to determine exactly when spirituals were created, historians agree that the birth of the spirituals coincided with the emerging days of slavery.

Thousands of spirituals originated during the time of slavery, and, remarkably, these songs have been passed down from generation to generation. Slavery has had roots in this country almost as long as the country itself.

Our African ancestors were forced to labor under harsh conditions without any freedoms or rights whatsoever. Yet in the fields and in the woods, they would sing songs that became known as "Negro Spirituals" to express their pain and give vent to their hope.

1. GOD'S PLAN TO _____ TEMPTATION.
2. GOD HAS A _____ IN JESUS BEING TEMPTED.
 - a. To demonstrate his _____
 - b. To communicate his _____
3. GOD _____ JESUS BEFORE HE WAS TEMPTED.
 - a. Jesus was prepared for the temptation through _____.
 - b. Jesus was prepared through the _____ of the Spirit.
4. SATAN'S _____ TO ATTACK WITH TEMPTATION.
5. GOD'S PROVISION OF _____.

Scripture References: Psalm 23:4, Hebrews 4:15, Hebrews 2:18, Ephesians 6, 1 Corinthians 10:13, Matthew 4:1, Exodus 3:12, James 1:2-4, 13-14, Genesis 7:12, Joshua 5:6, Deuteronomy 2:7, Matthew 3:13-17, John 1:1-3, James 2:15-17, Job 2:1-2, Matthew 26:41b, John 6:35.

DISCUSSION POINTS

1. Describe one moment in your life in the last 24 months that you would call a “valley?”
2. What temptations have you faced (that you can share with your group)?
3. What temptations signal that you need to grow spiritually? Emotionally?
4. What can be done about food deserts?
5. How did you feel when you came out of a wilderness experience?

CHALLENGE: What is one “a-ha” moment you had in our group discussion today. Note it and write it down. If you applied your learning from this week’s message, how would the next week be different for you?

SERVE: How is God calling us to live out this message this week? As individuals? As a group?

ANNOUNCEMENTS: Take this time to share group announcements. Church wide and campus specific announcements can be found at www.myspbc.org. You can also “find, follow and like” our Facebook page at www.facebook.com/myspbc. Turn on your notifications.

CELEBRATIONS: Take this time to share praise reports (e.g., answered prayers, birthdays, anniversaries, promotions).

PRAYER REQUESTS AND PRAYER: Take this time to share prayer requests. Close with prayer.

We Care!

NOTICE: PLEASE BE PATIENT AS WE GRADUALLY REOPEN OUR CAMPUSES IN THE SAFEST MANNER POSSIBLE. As a part of our faith community, we want to provide you with the information you need to “*find needs and meet them, find hurts and heal them, find problems and solve them.*” Here’s a list of resources to help you.

FOR PRAYER:

CALL: 804.463.2472

EMAIL: prayer@myspbc.org.

FOR COUNSELING:

CALL: 804.643.6177

EMAIL: Barnabas@myspbc.org

TO REQUEST A HOSPITAL VISIT:

CALL: 804.304.3890 (For Emergencies)

EMAIL: ecare@myspbc.org.

TO REQUEST FUNERAL SUPPORT:

CALL: 804.304.3890 (Pastor On Call)

EMAIL: ecare@myspbc.org.

TO FIND A SUPPORT GROUP:

CALL: 804.643.6177

EMAIL: Barnabas@myspbc.org.

TO REQUEST EMERGENCY ASSISTANCE:

CALL: 804.643.4000

EMAIL: emergencyassistance@myspbc.org.

TO CONTACT MY LIFE STAGE PASTOR:

CALL: 804.643.4000 and Press 1 for the Dial By Name Directory

OR EMAIL THEM DIRECT USING THE LINKS BELOW:

Imagination (0-10): Vernita Williams: Vernita.Williams@myspbc.org

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