



NEW HEIGHTS CHURCH OF THE NAZARENE

"Our Heart is People, Our Message is Jesus"

Table Group Discussion Questions

Series: Words We Thought We Knew

Title: "Life"

Icebreaker / Getting Started (10-15 minutes)

1. If someone asked you right now, *"How alive do you feel?"* — not physically, but on the inside — what number would you give it on a scale of 1 to 10? What's making it that number?
2. What's something in your life that you've used as an "immortality symbol" — something you've built, chased, or accumulated to make your existence feel more significant or permanent? Be honest.

Digging into the Scripture & Sermon (15-20 minutes)

Read together: **Deuteronomy 30:15–20, John 10:10, John 11:25–26, and Ephesians 2:1–5**

3. Deuteronomy 30 frames God's commandments not as arbitrary rules but as a pathway to life and flourishing. How does that reframe the way you think about obedience? What changes when you see God's commands as life-giving rather than life-restricting?
4. Jesus says in John 11, *"I am the resurrection and the life."* He doesn't say he has life, or he gives life — he says he *is* it. How does that claim land differently when you hold it next to Genesis 2, where life literally began with the breath of God? What is Jesus claiming about himself?
5. John 17:3 says eternal life is *knowing* God — not a destination, but a relationship. How does that redefine what eternal life means to you? Have you been living like eternal life starts after death, or like it's something available to you right now?
6. Ephesians 2 uses the language of death to describe life apart from God — not dramatic, obvious moral failure, but ordinary human existence disconnected from the source. Does that feel too strong, or does it resonate? Where in your life have you felt that kind of inner deadness without quite knowing why?

Personal Reflection (15-20 minutes)

7. The sermon described sin not just as actively doing bad things but as *leaving things undone* — specifically, failing to stay connected to God. The image was an unplugged phone. Where in your life right now are you running on a low battery because you've left the connection undone?

8. The Harvard professor Henri Nouwen identified his burnout as spiritual death — not a schedule problem but a disconnection problem. Have you ever experienced that? A season where adjusting your circumstances didn't fix the inner exhaustion because the real issue was spiritual? What did reconnection eventually look like?
9. The sermon asked: *"Can these bones live again?"* — and the prophet's honest answer was, *"God, only you know."* Is there an area of your life — a relationship, a dream, a part of yourself — that you've quietly given up on? What would it mean to bring that to God with even that much faith?

Action & Follow-Up (15-20 minutes)

10. The sermon suggested that a dashboard indicator of losing connection with God is starting to feel dead inside — irritable, controlling, exhausted, numb. This week, pay attention to your internal dashboard. When those feelings show up, instead of trying to fix the external circumstances, try saying: *"Lord, I'm losing connection. I'm coming back to you."* Come back and tell the group what you noticed.
11. The sermon mentioned that we all need community to push us back to the source of life — people who will say *"Come on, we're going to prayer"* when we don't feel like it. Who is that person in your life right now? If you don't have one, name that as a gap and ask the group to help you think about who that could be.
12. Take five minutes this week — just five — to do what the sermon described: wake up, take a breath, and say out loud, *"God, I'm alive because you've put breath in me. You're with me today."* Do it every morning before you look at your phone. Come back and report whether it changed anything about how the day felt.

Close in Prayer

Return to the image of Ezekiel's valley of dry bones. Let each person in the group silently identify their valley — the area of life that feels most lifeless right now. Then pray together:

Acknowledge: *Lord, you are the source of life. Apart from you, we have nothing.*

Confess: *We name the places we've unplugged — the things we've left undone, the connections we've let go cold.*

Receive: *Come, breath of God. Speak over our dry bones. We believe you can make us live again.*

Close by reading **John 10:10** aloud together as a declaration of what Jesus came to give — and what is available to you right now.