

In the New Normal

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How can we take what we've learned and carry it into the future?

- How can we be stronger for it?

The pain that produces humility is a waste if we forget the lessons learned and the perspective we've gained.

Be careful to follow every command I am giving you today, so that you may live and increase and may enter and possess the land the LORD promised on oath to your ancestors. ²Remember how the LORD your God led you all the way in the wilderness these forty years, to humble and test you in order to know what was in your heart, whether or not you would keep his commands. Deuteronomy 8:1-2

For the LORD your God is bringing you into a good land... Be careful that you do not forget the LORD your God, failing to observe his commands, his laws and his decrees that I am giving you this day. ¹²Otherwise, when you eat and are satisfied...then your heart will become proud and you will forget the LORD your God... Deuteronomy 8:7, 11-13

You may say to yourself, "My power and the strength of my hands have produced this wealth for me." ¹⁸But remember the LORD your God, for it is he who gives you the ability to produce wealth, and so confirms his covenant, which he swore to your ancestors, as it is today. Deuteronomy 8:17-18

Pain without gain is just pain.

I remind myself that all these toys were never meant to possess my heart, that my true good is in another world and my only real treasure is Christ... But the moment the threat is withdrawn... C.S. Lewis, *The Problem of Pain*

What should I begin doing that I should've been doing all along?

- How can I be stronger for it financially? (Proverbs 25:28)
- How can I be stronger for it relationally?
- How can I be stronger for it personally? (Psalm 119:67, 71)

Let's Connect

What is one positive thing you've learned during this season?

Let's Talk About It

For many of us, there's something we wish we'd been doing all along to prepare for what is happening now. Whatever lessons we're learning and perspective we're gaining, now is the time to start putting them into practice. After all, pain without gain is just pain. Before rushing back to our "old normal", let's consider what we're learning and how we can carry it with us into the future, into the *new normal*.

Deuteronomy 8:1-18; Proverbs 25:28; Psalm 119:67, 71

- Which part of the message made an impact, caught your attention or challenged you?
- Where have you felt the most pressure during this season—financially, relationally, spiritually or something else? How can you be stronger for it?
- Read Deuteronomy 8:1-2, 7, 11-12, 17-18? What lessons are you learning and perspective are you gaining through the painful experiences of this season? What lesson learned do you want to take and carry with you into the future?
- Read Proverbs 25:28. Are any of the challenges you're currently facing due to the principle highlighted in this verse? Is there anything you should start doing now to better prepare for the *new normal*?
- Read Psalm 119: 67, 71. How might God want to work through this season to make you stronger? What will help you remember so you don't rush back to your old normal?

Take a Step

- What step can you take this week to start doing something that you should've been doing all along? Now is the time: Take notes, make a plan, exercise self-control and decide to be stronger for it.
- SOAP reading for this week: **Day 1:** Psalm 4, Romans 8; **Day 2:** Psalm 13, Romans 9; **Day 3:** Psalm 25; Romans 10; **Day 4:** Psalm 40, Romans 11; **Day 5:** Psalm 55, Romans 12; **Day 6:** Psalm 80, Romans 13; **Day 7:** Psalm 136, Rom 14.

Here's My Prayer

- Lord, help me not to drift back into *old normal*. I want to grow through this trial and come back stronger by learning everything I can and gaining perspective that will serve me well in the future. Please give me the courage and wisdom to pay attention to what I should be learning and to carry it into the *new normal*.