



LIFE OF DAVID: DAVID'S INNER LIFE

Take this week or next week together as a LifeGroup to go through the LifeGroup Health Survey instead of the LifeGroup Guide. You can scan the QR code below using the camera on your smartphone or follow this link: <https://tinyurl.com/LGHealthSurvey>. Leaders, please refer to your Groups Team Update email for more directions.



1. Have questions about the sermon? Ask us [here](https://bit.ly/2Kzyd9B) (bit.ly/2Kzyd9B) (form.jotform.com/91616134918157)

1. Catch Up On Life:

This is when we update each other on the things that Jesus has been up to in our lives since we last saw each other. As church family, we care about each other's lives: what we're celebrating, what we're mourning, what decisions we are praying through, and everything in between. (1 Thessalonians 2:8, Romans 12:10 and 15)

- Celebrate the wins - where have you seen Jesus working in the last week (shaping you to be more like Himself or working in the lives of those that He's put around you)?
- What (if any) big life updates do you need to catch us up on (positive or negative)?

Pray: Take every opportunity to pray and thank God for the good He's doing in our lives, and ask for help and healing anywhere there is pain.

2. Review the Mission:

Just like God the Father sent Jesus on a mission of reconciliation for us, Jesus sends us out as ambassadors of His reconciliation. We are called to make disciples wherever we go. (John 20:21 and 2 Corinthians 5:18-20)

People:

- Reactive - Who in your life (family, coworkers, etc.) can we join you in praying for? Who has God put around you that is showing spiritual interest? Who is hurting and could use some love from our group?
- Proactive - Who are the people we are intentionally living on mission with (neighbors, STC partner organizations, or a specific demographic in Columbia)? What are our upcoming plans to love, serve, and build relationships with this group?

Plan:

- Are there any rhythms already planned, or an extra rhythm we could plan to create a way for these friends to connect with our group?

Pray: Prayer is the fuel of God's mission. Let's pray for our people by name; pray for their needs, and opportunities to have spiritual conversations that help them take next steps toward Jesus.

2. Looking to grow as a LifeGroup? MidtownLifeGroups.com

3. Check out our Bible reading and Prayer Plan based on this series [here](https://midtowncolumbia.com/reading-plan) (midtowncolumbia.com/reading-plan)

3. Scripture & Sermon Discussion:

God uses His Word to reveal Himself to us, equip us to live the good life He's designed for us, show us our sin, and strengthen us as we follow Him. We preach the Word on Sundays and apply it as a LifeGroup throughout the week. (2 Timothy 3:16-17, Colossians 1:9-12 and James 1:22-25)

Primary Passages: Psalm 103:1-5, Psalm 13:1-2, and Psalm 42:11

Read **Psalm 103:1-5, Psalm 13:1-2, and Psalm 42:11** out loud. Spend some time silently reflecting and journaling the following questions as a LifeGroup

- What stands out from the passage?
- What does this passage reveal to us about God?
- What does this passage reveal to us about people?
- Share with one another what you thought, reflected, and wrote about.

What stood out overall from the sermon?

Of the three tools shared in the sermon - gratitude, lament, and reorient to God - what has been your experience practicing them?

In the sermon, we said that our inner lives are reactions to our perception of the world. Our perceptions can either be reality or unreality. Regrounding ourselves is to bring our perceptions back to reality. What are your thoughts on that?

The following tools are commands in Scripture to reground ourselves back to the reality that God is real, active, and present in our lives. At this time, we'll put these tools into practice. Read each of the following prompts out loud:

- **Gratitude** is expressing thankfulness to God for who He is and what He's done. Take 5 minutes now to silently sit in God's presence, thanking Him for everything. After those 5 minutes, have someone pray out loud. What stood out to you as you practiced this just now? Any insights?

- **Lament** is expressing great sorrow or regret. Take 5 minutes now to silently sit in God's presence, expressing sorrow for whatever is going on with you or around you. After those 5 minutes, have someone pray out loud. What stood out to you as you practiced this just now? Any insights?
- **Reorient to God** is to remind ourselves about who God is. Take 5 minutes now to silently sit in God's presence, reminding yourself of the truths of who God is in Scripture. After those 5 minutes, have someone pray out loud. What stood out to you as you practiced this just now? Any insights?

Of these tools, which one was the hardest to put into practice? Why is that?

Regrounding ourselves to God the "ongoing dedication to reality at all costs." What's one thing you can do this week to dedicate yourself to these prayer practices?

4. Engage the Heart:

Jesus calls us to walk in the light, confessing our sins to God and each other. God's Spirit works through confession and community to lead us to repentance. (Romans 3:23-24, James 5:16 and 1 John 1:5-10)

- How have you been abiding (meditating on the Bible and prayer) this week?
- What are you struggling to trust God with this week? How can you give God control of it? (As people confess sin, make sure to remind one another of the good news Jesus offers. If need be, use the worksheet "Go-to Verses for Gospel Fluency" at MidtownLifeGroups.com)
- Has the Holy Spirit been prompting you to do anything that you've been resisting? What steps do you need to take to obey?

Pray: James tells us that a community that regularly confesses sin and prays for each other will see a lot of healing. Confess your sins to God in prayer and pray for each other. **Pray** for the Spirit to work in you as you take steps of repentance.

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