

NUMB

Facing our Fear of Feeling

Week One | What Do You Want...Really? | 01.04-05.2020

Grow Deep Conversation Questions: Use these questions to help you process the message in your personal time of study or with your group. Time suggestions are based on a 90 minute group gathering.

Message Recap: Throughout our lives we will be faced with difficult circumstances, but we all have different ways of dealing with them. Sometimes we face them head on, but oftentimes it seems easier to "numb out" in some way, to avoid how we feel.

» Opening (2-3 minutes)

- Introductions - this is especially important if this is your first meeting and if there are new members
- Housekeeping - clarify expectations
 - **Announcements:** These are in your Community News email. **Please read and communicate! Encourage participation!**
 - Remind your group that this is a confidential meeting
 - **Remember there may be many thoughts and views. Please remain kind and respectful during conversations.**
- Pray - open your time together in prayer

» Introduction (12 minutes)

- Ice-Breaker: This is probably your first time together since Christmas. What are you most looking forward to in 2020?
- Digging Deeper: What are you already dreading in 2020?

» Observation | Read Proverbs 27:7 and John 5:2-9 (12 minutes)

- What are your initial reactions to this passage? What do you find challenging? Are you encouraged by any of these verses? Why?

» Key Principle | Choose your change. (12 minutes)

- What does "choosing your change" mean?
- Look at Proverbs 4:23. What does it say about your heart? How's your heart?

» Broken Desires | Reread Proverbs 27:7 (12 minutes)

- What are the easiest places for your desires to become misplaced?
- What from your past or present keeps you aligned or misaligned to better desires?
- What does this Proverb say about our desires and how we respond to times of adversity?

» Restored Futures | Reread John 5:2-9 (12 minutes)

- When facing difficult circumstances our responses are usually fight, flight, or freeze. What is your typical mode of operation?
- What does it look like to ask for help when the situation is beyond what you can handle on your own? Are you able to ask for help?
- What question did Jesus ask the man in this passage? Think of a tough situation you are facing. What would your response be? What excuses do you make?

» Next Steps and Prayer | (15minutes)

- What relationships or pursuits did your wrong desires sabotage in 2019?
- What feelings do you need to process for 2020 to be different? What step can you take this week toward a healthier heart?
- Close by praying for each other to be honest with themselves and with God about what is going on in their lives and to get the help they need to process in a healthy way.