

NUMB

Facing our Fear of Feeling

Week Four | Healthy Connection | 01.25-26.2020

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: Oftentimes we find ourself settling for "Battery Christian" living - where we charge up at church and hope it sustains us until the next time we can get back. But God has created us to be "Bonsai Christians" - constantly abiding in Him - always remaining with Him.

» 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: How would you describe your gardening skills?
- Digging Deeper: As you consider your life over the last year, what are the outcomes you are thankful for?

» Observation | Read John 15:1-17 (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 | We're bonsais, not batteries. (12 minutes)

- What is the difference between 'bonsai' and 'battery' living? Are they similar in any way? How do you notice people settling for a 'battery' lifestyle?

» What needs pruning in you? | Reference John 15:1-4 (12 minutes)

- God removing things from our life for our good can be difficult, but what has changed or been removed that you are thankful for?

» What is your life producing? | Reference John 15:5-8; Galatians 5:22-23 (12 minutes)

- Looking at Galatians 5:22-23, do you find your life producing fruit? If the 'fruit' that is produced is not our 'good works,' why does it matter? What happens when we replace 'fruit' with 'works'?

» How will you reconnect? | Reference John 15:9-17; Psalm 46:10 (12 minutes)

- Connection to God is ultimate, but connecting with people is important too. What steps do you need to take to reconnect to both?
- When was the last time you were still with God? What can happen when you allow yourself the opportunity to rest in Him?

» Next Steps and Prayer | (15minutes)

- What pressures do you feel to go back to 'normal' and numb after this series? What steps can you take in order to prevent that from happening? Set aside some time this week to spend 20 minutes being still with God.
- 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.