



## Go Up to Go Forward

May 29, 2022

CG Discussion Guide

### CATCHING 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 A 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)

*Suggested time: 10 minutes*

- What can you thank God for this week?
- When were you most aware of Jesus' presence this week?
- When were you least aware of Jesus' presence this week?

### 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 because Jesus changes everything. (John 20:21 and 2 Corinthians 5:18-20) · *Suggested time: 10-15 minutes*

- People:
  - 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?
  - Who are the people we are intentionally living on mission with (neighbors, Serve CLT partner organizations, or a specific demographic in Charlotte)? What are our upcoming plans to love, serve, and build relationships with this group?
- Plan:
  - Are there any hangouts already planned, or an extra hangout 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.

## SCRIPTURE AND 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 Community Group throughout the week. (2 Timothy 3:16-17, Colossians 1:9-12 and James 1:22-25) · *Suggested Time: 30-40 minutes*

### Read Psalm 62 and Psalm 63 and recap the sermon.

1. What stood out to you from the Scriptures or the sermon? What comforted you? What convicted you?
2. Where are the places other than God you tend to run to with your emotions (tangible things, people, yourself)? How have these things proven to be good, but not the ultimate refuge your soul craves in those moments?

### Read Psalm 62:1-7.

*In the sermon, we quoted from Alsdair Groves and Winston Smith's book "Untangling Emotions". They write: "[Christian] hope is not in a system of strategies we can enact [to deal with negative emotions] but in a Savior and Shepherd and ever-present help in time of need who sees us, knows us, loves us, and actually has the power, right here and right now, to help us with the turmoil of our hearts.*

3. Where (or how) have you struggled to believe God is a refuge for you in the past? How does God's character and past faithfulness invite you to run to Him with your whole emotional life?

### Read Psalm 63:1-7.

*In the sermon, we said that the primary and central reason we bring our emotions up to God is to get more of God Himself. The highest goal of the Christian life is not to be free from "bad" or "negative" feelings - the highest goal is to be known and loved by God and love Him in return.*

4. How does this new primary goal of being loved by God and loving Him in return change how you approach your emotions? How might the central goal being "to get more of God" influence how you approach growing in health when facing a variety of emotions - anxiety, worry, fear, depression, anger, etc?

*In the sermon, we said the two steps from Psalm 62 for "going up to God" with our emotions is to (1) pour out our hearts to God, and (2) wait on Him.*

5. What does this look like practically in your life this week - be specific? (examples could be: setting aside a few hours to go be with the Lord in prayer, attending morning prayer, meditating more on Psalm 62+63, etc.)
6. Take some extra time this week to offer up the prayer from last Sunday as a group - **"God, I give you my emotional life."** Spend time pouring out your emotions - feelings and desires - to Him.

## 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)  
*Suggested Time: 30-45 minutes.*