

week one

the journey.

BIG IDEA

This week we launched a three-week sermon series titled “The Journey”. There are many ways to describe our life and the metaphor that we will be using in this series is that life is like a *journey*. This journey is never a straight line or linear which often frustrates us! We often “zoom in” on all the challenges and trials we face along the journey to the point where we cannot see the “full picture” of what is happening or what God is doing in and through us. We must actually learn to “zoom out” to see the real picture and appreciate the process of growing. In addition to having the right perspective on life, Pastor Bernard also spoke about the five different “stages” or “sections” of our life journey (*forming the Concentric Circle of Daily Growing*) and how it is natural and necessary for us to be aware of the stages we are on so that we continue to grow and not be held back from the fullness of life He has promised us.

Exodus 16:2-3

²There, too, the whole community of Israel complained about Moses and Aaron. ³“If only the LORD had killed us back in Egypt,” they moaned. “There we sat around pots filled with meat and ate all the bread we wanted. But now you have brought us into this wilderness to starve us all to death.”

Exodus 17:7

⁷Moses named the place Massah (which means “test”) and Meribah (which means “arguing”) because the people of Israel argued with Moses and tested the LORD by saying, “Is the LORD here with us or not?”

Hebrews 3: 19

¹⁹So we see that because of their unbelief they were not able to enter his rest.

Colossians 2:10

¹⁰So you also are complete through your union with Christ.

Galatians 2:20

It is no longer I who live, but Christ lives in me. So I live in this earthly body by trusting in the Son of God, who loved me and gave himself for me.

Hebrews 4: 1-3

God's promise of entering his rest still stands, so we ought to tremble with fear that some of you might fail to experience it. ² For this good news—that God has prepared this rest—has been announced to us just as it was to them. But it did them no good because they didn't share the faith of those who listened to God. ³ For only we who believe can enter his rest.

DISCUSSION QUESTIONS

1. What is one thing that spoke to you from last weekend's sermon?
2. Fun question: Share with your group ONE word to describe your life journey so far and why you chose that word (e.g. horrible, amazing, eventful).
3. Read Exodus 16:2-3. The Israelites were so focused on their hardships in the wilderness as free people that they could not see the promise ahead of them (the land of "milk and honey") and instead desired to go back to Egypt where they were slaves. Think of a time where you have been stuck in "zoom in" mode like the Israelites instead of "zoom out" where you would have been able to see the big picture and share this with your group.
4. Read Exodus 17:7 and Hebrews 3:19. Thinking about what the Israelites went through and their behavior during the exodus, why do you think we are so quick to doubt God's promises in the face of adversity and trial? What can we do to keep ourselves reminded and our hearts in tune with God's promises?
5. Stage 5 of the *Concentric Circle of Daily Growing* is where we have union with Christ (read Colossians 2:10). What does that look like for you in your life journey? Refer to Galatians 2:20.
6. God offers us rest today and right now through our awareness of His presence and reliance on Him. Many of us are not living from this place of rest because of many reasons. Do you think you are living from a place of rest? If not, what is holding you back? And if you are, encourage your group by sharing with them how you maintain that way of living.

Pray for your group members that they may grow into maturity and have union with Christ in this life journey. Also, pray for your pastors and leaders that they may have strength, grace and wisdom to guide and empower the church through this journey we call life.