

Small groups – Week beginning Monday 10th August 2020

Introduction/icebreaker

- How was your week? What went well? What were the challenges?
- What's something you've changed your mind about recently?

Recap from Sunday's teaching [Blessed life – Matt 5:4]

- God wants you to be happy
- Series exploring happiness – how the Bible defines happiness & where to find it
- Distance yourself from the things that bring you down
- This verse has nothing to do with mourning the loss of loved one
- When we mourn our sin, God cleanses us and comforts us (see Isaiah 40:1-2 & 2 Corinthians 7:10)

Discussion questions

1. Did anything stick out or resonate with you from Sunday's teaching?
2. Reflecting on the times that you "miss the mark", how does it make you feel? Indifferent, guilty, remorseful, motivated to change, focussed, distracted, etc.
3. Think of things going on in our nation/world right now – what are the things that bother you? How often do these things feature in your prayer life?
4. On Sunday we saw examples of David, Jesus and Paul (amongst others) lamenting and interceding for the sin around them, not just their own sin (not that Jesus sinned!). Why is it important that we react to sin and cry out to God?

Digging deeper

- Read 1 John 1:5-2:6

Basic questions to help you dig into any portion of scripture:

1. Context – who wrote/said what? Why? (In this case, see 1 John 1:1-4 and 5:13 for useful background).
2. What is this passage about? Summarise the key points
3. Are there any particular words or phrases that stick out?
4. Any bits you don't understand, or any questions that the passage raises?
5. Takeaways – what can you take away from these verses any apply to your life?

Discuss – thoughts, takeaways, tangents...

Prayer

Take time to share prayer requests and pray for each other.