



LIFE GROUP NOTES

Week Beginning: 11th December



Aim of Session:

To reflect on the way life does not always work out as we expect or plan and that Jesus, God's plan for us is perfect.

Key Scriptures

If you have access to a commentary read some background to get context.

Selected verses below

Warm Up

Apart from the loss of loved ones, can you think of a time when what you planned to do or happen just went wrong?

What was the outcome?

Thinking it through: Main discussion/activity

We often like to believe that we as humans are in control of most things, but this is far from the truth. Other people's actions and words can upset our plans. The weather too can disrupt our lives. There are so many things that we cannot control. What does scripture say about how we should respond when life is disrupted for us?

1. Read **Proverbs 16:9**. What is the basic truth here? How do you react to it?
2. Read **Jeremiah 29:11-13**. How might these verses provide support or comfort?
3. Read **Deuteronomy 31:8, Isaiah 41:10-13**. what instructions are there and what promises are there?
4. **Matthew 11:28-30, Romans 8:26, Philippians 4:6-7** What are we called to do? How easy is it?

Growing in discipleship: Practical application

5. It is easy to get distracted by all the tinsel at Christmas and plan to have "the best Christmas ever." How can we ensure we don't lose sight of Jesus amongst all the glitter and glitz?
6. Reflect on the characters of Mary, Joseph, the Shepherds and Magi. They were not planning to find themselves where they did, How did they respond? What can we learn from them?
7. Advent builds us up towards Christmas day. Then it is over so quickly. How can we linger in it and enjoy Christmas for what it really is (what is the core message?) before rushing off to Easter and the salvation story? Read **Luke 2:19** Ponder like Mary, about the deeper message of Jesus being born.



Try to leave 15-20 mins to talk about prayer needs of the group and to pray.

We want to encourage the development of prayer, to help everyone grow in confidence in praying. There are many creative ways of praying together: writing prayers, using candles as a focus, reading prayers or praying for each other in pairs.