



LIFEGROUPS

Sermon: Finding Your Lonely Place

Scripture: Mark 1:32-39

Date: Jan. 3, 2016

—[LET'S TALK]—

- What are some of your New Year's resolutions? Why do we wait for a new year to make resolutions?

—[LET'S WARM UP]—

- Who are some of the people who place expectations on your life?
- What kind of expectations do they place on our lives?
- What's the difference between expectations and goals or desires?
- Why is it so hard to live independently of others' expectations?

—[LET'S DIG | CHOOSE 1]—

- Read Psalm 1:1-6 and talk about pursuing vs. living for success.
 - a. What does a successful tree look like? How does that translate to a human life?
 - b. What makes the tree successful?
 - c. What is the pursuit of a successful person?
 - d. Why might success/prosperity be a factor in this Psalm?
- Read John 5:19-30 and talk about the advantages of a lonely place.
 - a. Where does Jesus get his ability to act? Where should we get ours?
 - b. How can a person see what God is doing?
 - c. Why must we hear Jesus' word and what is the best way to hear someone?
 - d. What is Jesus' aim and what is the result?

—[LET'S ACT]—

- Establish a lonely place to visit daily. This should be a place where you only spend time doing one thing: getting refocused on God! Make it your place and ask other people to respect it. Don't worry about how long you're there, just be there for however long feels right and enjoy it.
- Write down all the expectations you feel are being placed on you. Ask yourself if you have attached any sense of self-worth and value based on meeting or exceeding those expectations.
- Reaffirm your position in Christ. Determine that you will carry out your responsibilities to glorify God rather than find your worth in life.
- Let go of the leash. If any expectation that is being placed in your life is not in accordance to God's will for your life, then don't let it control your thinking and actions.

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