

Sunday, January 26, 2020 - "You Asked For It - Week 4 - Who Am I?" - Doug Kempton, Kevin Dupree & Lauren Bongiorno

Key Passages: Matthew 7:24-27

- Feel free to read the passage(s) out loud as a group
- Allow the group to share freely about what stood out to them from the passage or from Sunday's message

Main Ideas

- Who am I? What is my purpose
 - Everything flows from this
 - How we view/interact with ourselves, others, and ultimately God
- Matthew 7:24-27
 - God started something...we have to build on the right things
 - Identity in Christ → withstanding trials and storms
 - Sometimes even good things can be "shaky" foundations (secondary identity markers)
- How can I love Jesus and still have so much anxiety and depression?
 - It's part of us
 - Jesus "gets it"...he understands
 - "It's normal to live in a broken world and feel the effects of it." Lauren Bongiorno
 - We don't have to let the emotions and the struggles define us
- Inner Voices
 - Critical/Condemning voice VS. Calm/Truth telling voice
 - I can be myself
 - No one talks to you more than you
 - Take the negative thoughts captive
 - Replace them with truth
- How can I hear the voice of God? Does God really talk to people? Can I really hear God or experience him personally?
 - Are you willing to listen when God speaks? (obedience)
 - He sometimes speaks in small nudges
 - My sheep hear my voice and follow me
 - Comparison robs joy → "I don't hear God that way" =...God is speaking every day
- What can we do about anxiety/depression/sleeplessness
 - Work in structure (screen time, wind down)
 - Make room for your thoughts/mind to unwind

Questions (Feel free to use all of these, some of these, or none of these)

1. What does it mean to you that everything flows from your identity in Christ?
2. How has God taught you to deal with anxiety and depression while still following Him?
3. As you think about your inner voices, what does they sound like?
4. What thoughts is God calling to take captive and what truth would you replace them with?
5. How do you respond to Lauren's quote, "It's normal to live in a broken world and feel the effects of it."?
6. Talk about your experience with hearing from God? What have you learned what has been a struggle?
7. What is God inviting you into as a result of this passage or sermon?

****15 Minutes with God Reading Plan-**

Mon: Esther 2 Tues: Esther 3 Wed: Esther 4 Thurs: Esther 5 Fri: Esther 6

Songs from the weekend: [Joy - VaShawn Mitchell] - [Great Jehovah - Travis Greene] - [Doxology - David & Nicole Binion ft. Tasha Cobbs] - [Reckless Love - Cory Asbury] - [How He Loves - John Mark McMillan]