

Sunday, March 29, 2020 - "Give It Up - Week 3: Comfort - Doug Kempton"

Key Passages: 2 Corinthians 12:9-11, 1 John 1:7, 2 Corinthians 1:3-6, Jonah 2:8,

- 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

- We're all experiencing loss and loss needs to be grieved
 - 3 Donts
 - Don't cope via distraction
 - Don't buy into the lie that you have to be strong (2 Corinthians 12:9-11)
 - Don't speak false statements as a way of coping (It's no big deal, it doesn't matter anyway)
 - 3 Do's
 - Be honest with yourself
 - Be open with others (c-group, d-group, others) - 1 John 1:7
 - Be gracious (good season to meditate on the fruit of the Spirit in Galatians 5)
 - This is a season where we can see who we are really trusting in
 - 2 Corinthians 1:3-6 (God is the God of all comfort and wants to comfort us in all we're going through)
 - Are we positioned in a way to receive God's comfort?
 - This season may strip away out false comforts, even our idols (Jonah 2:8)
 - Anything you (go to for peace, go to for comfort, go to to get you through the day, use to get meaning and life) OTHER THAN GOD is an idol... "Other than God" is the key statement
 - They may even be gifts from God (sex, exercise, family)
 - "Who you are when you're fasting is who you really are" - anonymous
 - "Who you are when you shelter in place is who you really are" - Doug Kempton
- When we release our grip on false comfort and idols we are free to receive comfort and love from God
- 2 questions to be asking in this season
 1. Lord, what do you want me to learn about myself and about you as I navigate this pandemic? What are the things I am clinging to instead of God?
 2. Lord, what intentional steps can I take in this season to draw near to you?
 - Memorizing scripture
 - Reading through the Psalms or all 4 Gospels
 - Taking intentional time to be quiet without distraction
 - Writing poetry
 - Worship
- As we lean into Jesus and receive God's comfort we become AGENTS OF COMFORT
- Are you an agent of comfort or an agent of chaos?

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

1. Which of the 3 donts have you been most drawn to during this time and why?
2. Which of the 3 do's do you need to press into a little more and why?
3. What are some of the things/people/activities that you have seen yourself trusting in over the past few weeks?
4. What might God be asking you to let go of as you look to Him for comfort and peace?
5. What does it look like to be an agent of comfort in this season?
6. What are some intentional steps you can take to draw near to the Lord in this season?
7. What is God inviting you into as a result of this passage or sermon?

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

Mon: Ezekiel 37:1-14 Tues: Psalm 130 Wed: Romans 8:6-11 Thurs: Matthew 21:1-11 Fri: Luke 23

Songs from the weekend: [Great Jehovah - Travis Greene] - [The Way - Pat Barrett] - [Waymaker - Sinach] - [You Know My Name -Tasha Cobb-Leonard]