



06.09.24

Group Guide

You & God's Family



Introduction

God wants a relationship with you and waits for you to make room for him in your life. We want to help you create some space and grow your desire to connect with God in your daily life. In this three-week series, we'll find the rhythms and practices that will help anchor us to God, his family, and his mission. In week two, Pastor John taught us about the Sunday anchor of church together.

Discussion

1. Are you feeling any “drift” in your life right now? (Spiritually, relationships, family, work, finances, health, etc.) How are you identifying that drift? What are some of the signs? If it keeps up, where do you think you're headed?
2. **Revisit and read Exodus 20:8 and Genesis 2:2-3.** God wrote a sabbath rhythm — a weekly day to stop earning, producing, or feeling like you have to prove yourself — into creation from the beginning. Is this type of rest (a day to simply enjoy God's gifts to you) currently a part of your life? Why or why not? What's most likely to get in the way of regular rest with God?
3. **Revisit and read Mark 2:27-28.** The Sunday anchor of church together is a powerful weapon against spiritual drift. What's your engagement and relationship to attending church right now? Does it feel like a weekly gift for you? Why or why not?
4. **Revisit and read Mark 14:32-34.** Jesus could have accomplished his mission on his own, but he chose friendships. We help prevent drift and set this church anchor deeper in us when we have friendships centered around Jesus. Do you have any examples of Christian friendships that have helped keep you from drifting in the past? If so, share them with your group.

5. Take some time to answer these questions about your group right now:

- Are you connecting in a way that's creating friendships or acquaintances?
- What might need to change in you, or in your group, to keep growing in your vulnerability and connection?
- How is (or how could) this community keep you anchored to Jesus?
- Who do you know that needs a community like the one you're creating in your group? How might you invite them in?

Application

- **Practice a sabbath day.** Imagine God's given you a snow day every week! Set aside one day a week to simply rest in God's good gifts to you. Use this time to step away from the normal daily tasks so you can recharge spiritually and physically.
- **Commit to attending church regularly.** Build a Sunday anchor by getting to church in-person as often as you can. While church online is an awesome tool for when we're sick or away, it's not the same as the community, support, and spiritual growth we can experience when we're in the room together. It's one of the best (and few) times you can get centered around God with other people.
- **Build and invest in Christian friendships.** Don't let people at church remain acquaintances. We are a part of God's family together and have an opportunity to help support, invest, pray, and encourage one another in real and tangible ways. But we have to be vulnerable enough to allow ourselves to be known and honor that vulnerability when someone opens up to us.