



Discussion Guide

Ice Breakers: What is your favorite day of the week and why?

1. Pastor Tom shared that, "...change disrupts patterns and structures in our lives we had grown used to." Describe a time when change, either positive or negative disrupted your life.
2. Along with being disruptive, sometimes change can be very painful and tears may be the only way for us to respond. In #2 of the sermon notes there are several biblical examples where people's response to change was through tears. How does this inform how we might respond to change in our lives?
3. Pastor Tom described change as "God's life-remodeling project." Discuss one of the biblical examples you looked at in question 2 considering this truth.
4. Read James 1:2-4; Romans 5:3 and 2 Corinthians 12:7b-10. How do these passages describe the growing pains change brings in our lives?
5. Read Matthew 9:14-17. Pastor Tom said, "Jesus didn't come to maintain the status quo. How does this passage inform how we should think about change in our lives?"
6. What change is occurring in your life that you might need to look at from a different perspective? How can your small group support you in the midst of this change?

Personal Guide

Day One: Proverbs 6

Day Two: Proverbs 7

Day Three: Proverbs 8

Day Four: Proverbs 9

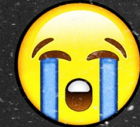
Day Five: Proverbs 10



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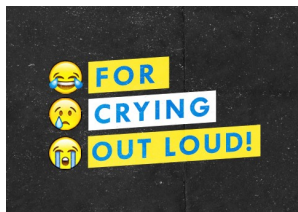
CRYING



OUT LOUD!

**MESSAGE NOTES &
SMALL GROUP GUIDES**

"GROWING PAINS"
NOV. 17, 2019



“GROWING PAINS”

[Tom Lundeen, Senior Pastor]

MESSAGE NOTES

Note Psalm 56:8; Revelation 21:4; Acts 20:19, 31; II Corinthians 2:4; Philippians 3:18

If you think tears are _____/sign of weakness, etc., try explaining that to Jesus (note Luke 19:41; Hebrews 5:7)

When change comes _____ into our lives (planned or unplanned), it rips into our emotions differently than grief—but still in deep ways as change _____ patterns and structures in our lives we had grown used to...

1. Change is _____

The one thing we are all _____ to experience from the moment we're born to the end of life is change (note Joshua 23:14a).

2. Sometimes Change Can Be Very _____

There are changes that hurt so bad that tears (privately or publicly) are often the only way to respond, even for deeply _____ people (note Genesis 23:1-2; 37-35; I Samuel 30:3-4; II Samuel 19:1; Psalm 6:6; 69:3; Matthew 26:75).

3. Healthy Ways to _____ Change

- A. Change is often God's life-r_____ project—remodeling begins as a dusty, dirty, messy process that at certain stages looks like _____...change can seem this way in our lives as well. But if we'll cooperate with God in this process, we will benefit by being _____ ...
- B. Change is God's major growth _____ in our lives—a basic _____ of growth is change. We cannot change without growth, and we cannot change and grow without growing pains (note James 1:2-4; Romans 5:3; II Corinthians 12:7b-10).
- C. Change is often a necessary part of God's greater _____ (note Matthew 9:16-17) - Jesus didn't come to maintain the s_____ q_____.

What God's gift of tears tell us:

While change is inevitable and often painful, there are some important things that _____ change:

- _____ doesn't change (note Malachi 3:6a; James 1:17; Hebrews 13:8).
- God's _____/principles never change (note II Timothy 3:16).
- God's _____ never changes (note I John 4:8).
- And God never stops _____ in our lives (note Philippians 1:6).

Tell someone about the next step you took today in your spiritual journey. You can also use the connect card to let us know about your commitment, too!



“Growing Pains”

[Tom Lundeen, Lead Pastor]

MESSAGE NOTES

Note Psalm 56:8; Revelation 21:4; Acts 20:19, 31; 2 Corinthians 2:4; Philippians 3:18

If you think tears are unmanly/sign of weakness, etc., try explaining that to Jesus (note Luke 19:41; Hebrews 5:7)

When change comes barreling into our lives (planned or unplanned), it rips into our emotions differently than grief – but still in deep ways as change disrupts patterns and structures in our lives we had grown used to...

1. Change is Inevitable

The one thing we are all guaranteed to experience from the moment we're born to the end of life is change (note Joshua 23:14a).

2. Sometimes Change Can Be Very Painful

There are changes that hurt so bad that tears (privately or publicly) are often the only way to respond, even for deeply spiritual people (note Genesis 23:1-2; 37:35; 1 Samuel 30:3-4; 2 Samuel 19:1; Psalm 6:6; 69:3; Matthew 26:75).

3. Healthy Ways to Navigate Change

- A. Change is often God's life-remodeling project – remodeling begins as a dusty, dirty, messy process that at certain stages looks like chaos...change can seem this way in our lives as well. But if we'll cooperate with God in this process, we will benefit by being stretched...
- B. Change is God's major growth engine in our lives – a basic law of growth is change. We cannot change without growth, and we cannot change and grow without growing pains (note James 1:2-4; Romans 5:3; 2 Corinthians 12:7b-10).
- C. Change is often a necessary part of God's greater purposes (note Matthew 9:16-17) – Jesus didn't come to maintain the status quo.

What God's gift of tears tell us:

While change is inevitable and often painful, there are some important things that never change:

- God doesn't change (note Malachi 3:6a; James 1:17; Hebrews 13:8).
- God's truth/principles never change (note 2 Timothy 3:16).
- God's love never changes (note 1 John 4:8).
- And God never stops working in our lives (note Philippians 1:6).

Tell someone about the next step you took today in your spiritual journey. You can also use the connect card to let us know about your commitment, too!