



Jan 20-21, 2024

Break the Ice

Because we have GPS on our phones and in our cars, most of us no longer have many excuses for getting lost. Ask the group if they've still gotten lost despite having GPS or if they've ever been lost while hiking or engaging in another activity. Ask them to talk about any fears they experienced while being lost.

While we may not have ever been physically lost, there are times in our lives when most of us have felt "lost" in a certain kind of wilderness. We may feel lost as to what do after experiencing divorce, the death of a loved one, the loss of a job or another difficult situation that destabilizes us.

After a brief discussion, transition to David's experience and how we felt lost on numerous occasions in his life (remind the group that this was before GPS!) ...

Up

Read 1 Samuel 19-30 and Psalm 18. Because of its length, you may want to choose to highlight particular chapters in 1 Samuel 19-30. Some suggestions are chapters 19, 21, 23, 26 and 27. Each of these events demonstrate how David was lost, scared, and unsure what to do next because of Saul's pursuit. In each of these chapters, we see David depending on the presence of God. Ask your group the following questions:

- Where do you resonate with David the most in these chapters? Why?
- What part of God's character has been the most comforting to you when you've felt lost?
- David trusted God but did not simply just wait around for Saul to find him. How do we balance using human wisdom and trusting God? How have you done so?

In

It can be very tempting to believe in the lies of the enemy, others, and our own "self-talk." They can function as deceiving mirages in our desert experiences by distorting the reality that God wants us to live by — His loving presence. When we forget God's presence in our own lives, it can impact our relationships with others. Ask the group to reflect on how the following relationships can be impacted by the lies we believe about God and His presence:

- Those within your home
- Those you work with
- Your friends
- Your neighbors

Out

Those who are experiencing prolonged seasons of loneliness, depression, anxiety, and/or confusion need to know that God has not forgotten them and that He is near. We can be an extension of God's presence in others' lives when we live out the reality of God's presence in/through our own lives. Ask the group the following:

- 1) Think of someone you know who needs to be reminded of God's presence.
- 2) How can God use you to remind them of God's nearness to them?

Prayer

Conclude your time in prayer by focusing on the following:

- Thanking God for His presence in every season of our lives.
- Asking God to help us discern those around us who need to be reminded and encouraged about God's presence.