



Creekside's LifeGroup Study **Session 2 - REMEMBER ... You Matter to God!**

Welcome back to BREAKOUT! This eight-week LifeGroup study is designed for you and your LifeGroup to experience God's power to give you freedom from hurts, hang-ups or habits in your life. We need each other to do this! That's why it's so exciting that you would do this study together in LifeGroup. As you meet together you will look at a new step each week in the journey toward freedom. Today we are looking at step two, **The Hope Step**. When you get down and dirty and honest about who you are and your mess and your helplessness to get out of it you may think that God is against you. Nothing could be further from the truth. It is absolutely pivotal that we recognize that even when we are in the middle of the struggles that we so deeply matter to God. No one loves us like God loves us. The truth that we must embrace is this: *"God knows me. God loves me. He has the power to help me Break Out!"* In other words God is on my side and he is right here to help me. This is so incredible.

FURTHER STUDY: In this study you will see some Scripture references and questions marked "Further Study". If your group chooses, you can look at these passages together, or you can opt to have group members read on their own and consider the questions in the coming week.

CATCHING UP: REMEMBER! How's your "rememberer"? ☺ Are you good at remembering things like birthdays and anniversaries? Do you have a funny story of a time you remembered, or a time you forgot? Share it with the group!

MEMORY VERSE:

"God blesses those who mourn, for they will be comforted." Matthew 5:4

VIDEO TEACHING: Watch session 2 together (you can access the video at breakoutseries.ca)

VIDEO NOTES

God loves us just because He has _____

Ways to Break Free

_____ God's love.

_____ that God's power is going to help us break free.

Rick Warren quote - Most people are not asking, Is there a God?, they're asking, what do I

_____ God?

There are things we need to _____ about God so we can _____ what's really true of Him.

How do we move away from the lies and false beliefs we have about God?

READING SCRIPTURE

BEING IN A GROUP

Be _____ with one another.

PRAY TOGETHER

STUDY:

Today's beatitude says, "God blesses those who mourn, for they will be comforted." Matthew 5:4

- What about your hurts, hang-ups or habits have caused you to mourn?
- What kind of comfort have you received from God in that process of mourning?
- Mourning is common to our lives. We may mourn the death of a family member or friend, or mourn the loss of a job or a relationship. How can mourning draw us closer to God?

Today we are focusing on "The Hope Step". Our goal is that you would REMEMBER you matter to God. Let's explore this together as we take this step to remember.

- What was a highlight for you from the video session?

- How has watching the video helped you to REMEMBER you matter to God?

Last week looked at the fact that I am not God. I am not in control and my life is unmanageable on my own. This week we are moving from realizing my need for God to receiving His power to help me change. To do this, let's explore 3 truths – God knows me, God loves me, God has the power to help me break free.

GOD KNOWS ME

READ: Psalm 139:1-12

Context of Psalm 139. In this wisdom psalm, the psalmist opens every aspect of his being, character, behaviour, and speech to God's examination. As hard as life is, he wants to ensure his own growth in wisdom so that he does not come under judgment of the wicked. Further, the poet recognizes he cannot escape from the Lord. His sense of stress disappears when he considers the Lord's loving care for him. He then invites the Lord to continue examining him as he walks the path of wisdom. Illustrated Study Bible note

Like the Psalmist, we are fully known by God. As a group, go back through these verses and identify the ways God knows us. For example, in verse 1 we read that God has examined our heart. How many can you come up with?

- What surprises you about the ways God knows you?
- How does Psalm 139 give you confidence that you matter to God?
- What comfort do you receive from realizing how deeply God knows you?

GOD LOVES ME

READ 1 John 3:1

"See how very much our Father loves us, for he calls us his children, and that is what we are!"

- As God's children, we bear the image of Jesus, we are becoming like Him. One day we will share in His glory (see Romans 8:18-30) How does being called God's child bring you comfort?
- As God's child, you have been destined by God to be part of His forever family. Your future with God does not depend on what you do but what God has done for you. How does this truth assure you of God's love for you?

GOD HAS THE POWER TO HELP ME BREAK OUT!

READ: Romans 1:19-20

"I also pray that you will understand the incredible greatness of God's power for us who believe him. This is the same mighty power that raised Christ from the dead and seated him at the place of honour at God's right hand in the heavenly realms."

- If we don't understand the power has for us, how does prayer help?
- Why is understanding God's power an important step for us in receiving God's comfort?

PRAYER

Have a look again at the BREAKOUT inventory. Have you chosen an area where you would like to see God work in your life? See if you can choose 1 thing from the list, or write in another hurt, hang-up or habit, then make this your prayer focus for the upcoming weeks.

TIP: Pray for one another every day this week. Sort out the names so you all take a turn praying for each other and so someone in your group is praying for you each day this week.

Spend some time now thanking God for what He is already doing in your group to help you break free. Ask Him to continue the work!

FURTHER STUDY OPTIONS FOR YOUR GROUP OR TO DO ON YOUR OWN THIS WEEK

READ: Romans 8:26-37

- As a group, go back through these verses and identify all the areas God shows us we matter to him. How many can you come up with?
- *"groanings that cannot be expressed in words"* Romans 8: 26. This might refer to speech that does not take the form of human language. The groanings Paul refers to here are the Spirit's, not ours. When we do not know what to pray, the Spirit is interceding for us before God.
In what situation would you like God's help in knowing what to pray for?
- The Father "knows your heart" v. 27. How does this truth encourage you to hope in Him?

READ: Romans 6:15-18

- We are no longer slaves to sin. Now we are slaves to righteous living. (v. 18). What role does God's Spirit play in helping us live in this new way?
- If we feel defeated and broken down by our sin, what can we do?

READ: Philippians 2:12-13

"Dear friends, you always followed my instructions when I was with you. And now that I am away, it is even more important. Work hard to show the results of your salvation, obeying God with deep reverence and fear. For God is working in you, giving you the desire and the power to do what pleases him."

- How do these verses give you hope that God's power can set you free?
- If you could ask God a question about the way His power works in you, what would you want to ask Him?
- What can you do this week to REMEMBER you matter to God?"

READ: Galatians 4:4-7

- What do these verses tell you about God's power to help you break free of hurts, hang-ups and habits?
- Why can it be a challenge for us to access that power?
- God says you are no longer a slave to sin, but his child (v. 7). If you are feeling enslaved to your sin, how does this verse help?

READ 1 John 4:9-10

"God showed how much he loved us by sending his one and only Son into the world so that we might have eternal life through him. This is real love – not that we loved God, but that he loved us and send his Son as a sacrifice to take away our sins."

- Jesus is God's ultimate way He shows you how much He loves you. God has given you His Son! When you doubt you are loved by God, what can you do to remember?
- There is nothing you can do to make love God you any more. There is nothing you can do to make God love you any less. Do you believe this? Why or why not?