

## **Beyond Exile // Ditching Discouragement**

Van Vandegriff – Message Text is Nehemiah 4

October 18, 2020

### **LAST WEEK**

1. We talked about leaning into purpose. What did you do to lean in or how did you gain more clarity about your purpose?

### **INTRO**

2. Have a couple of people in the group share bad “break-up stories” from college or earlier. (Use this to transition to the next question “getting your heart broken can be very discouraging so let’s spend a little time talking about getting beyond discouragement”.)

### **WHAT DOES IT SAY?**

3. We all get discouraged. What is one of the things in the past that you have turned to in order to get out of feeling discouraged? Is there anything you are going to right now?
4. Prayer is the beginning of the healing process. Is there anything you are praying about that we can come along side you in prayer?

**Read Psalm 121 (NIV)** *ask them to be still for a moment and let the truth of God’s word sink in. Maybe take a moment to share anything that stuck out from the passage and why.*

5. When we are discouraged, sometimes those closest to us (our family) can take the brunt of our frustration. What are some practical ways we can change that? Does anyone have some “best practices” for making sure our family or those close to us get our best? If there are no solid answers, spend some time as a group processing this together.

**Hebrews 10:24-25 (NIV)** – *“And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another-and all the more as you see the Day approaching.”*

6. Why can it be difficult for you, at times, to commit to Sunday mornings or LifeGroup or “meeting together”? Scripture tell us to “not give up”. This means it would require work on our part. Is this a priority in your life and if not, what are your priorities?

### **HOW CAN I OBEY?**

7. It’s not a question of “if” we will go through discouragement but when or how often. What is one thing we all can do this week to get our priorities straight so that when we go through discouragement, we are ready? What is something you need to pull back from or something you need to push into?

