

LifeGroup Sermon Series Study

2020-2021

Series One



“Rise Up”



2020 has been quite a year. We have seen and experienced things we have never seen or experienced before. The pandemic, racial and political tensions, and the riots have left many feeling insecure, fearful, and discouraged. No doubt the church has been impacted also.

The great news is that this is not the first time culture has experienced tragedy ... and it's not the first time for the church either.

Guess what, God is not surprised, He is not taken back, caught off guard, or panicking. He has a plan ... He always had a plan for a comeback.

This fall we are going to see what the Bible has to say about this comeback. Rise Up is not a call to protest, fight back, or rebel. Rise Up is a call to come back to what the Word has to say about loneliness, anger, fear, prejudice, money, and separation from God.

Followers of Christ Rise Up and let's come back from the issues we are facing in 2020. Let's turn tragedy into triumph with God revealing Himself as He moves in each of our lives.

Pastor Doug

LIFEGROUP ROSTER

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“Rise Up”

The Comeback from Loneliness

Lesson 1

I. **Purpose:**

- A. To help us understand how the pandemic has impacted our friendships and contributed to feelings of loneliness.
- B. To help us know what the Bible teaches about loneliness and friendships.
- C. To help us see how God and His people can fill the emptiness inside of us.

II. **Community that Cares: (10 minutes)**

- A. How are you doing with taking your next step in maturing in your faith?
- B. How are you doing with your 5-5-5 this week?

III. **Community that Learns: (15 minutes)**

- A. Review the points of the Pastor’s message.
- B. Sermon outline: “Rise Up: The Comeback from Loneliness.”
- C. Three effective ways to build true friendships that eliminate loneliness:
 - 1. True friendships that (eliminate) loneliness take the initiative. Mark 1:16-20
 - 2. True friendships that eliminate loneliness are not dependent on having (enough) friendships. Proverbs 18:24
 - 3. True friendships that eliminate loneliness are loyal to the (end). Mark 14:50 & John 6:66-69
- D. What really spoke to you, challenged you, or encouraged you in these points?
- E. Additional scriptures to look at: 1 Samuel 18:1; 20:42; Job 19:19; Proverbs 17:17; Ecclesiastes 4:9-10; John 15:13-15; Philippians 2:20-25.

“Rise Up”
The Comeback from Loneliness
Lesson 1 cont.

IV. Community that Applies: (20 minutes)

- A. What has been your biggest struggle dealing with the pandemic?
- B. How have your relationships changed during the pandemic (consider those closest to you, casual friends, and new friendships)?
- C. Have you felt more alone during this time? Why or why not?
- D. How has your view of friendship changed in the last seven months?
- E. Are you satisfied with your friendships or are they missing something? If you are missing something - what is it?
- F. Are there things you know now that you wished you knew before the pandemic? What things?
- G. What is one thing that needs to change in the friendships that you have now?
- H. What can you do to facilitate that change?

V. Community that is Accountable: (15 minutes)

If this is an area that God is speaking to you about, then what is your next step to Rise Up and come back from loneliness?

VI. Community that Prays: (5 minutes)

Spend a few minutes in silent prayer over your next step.

VII. Community that Looks Ahead:

- A. The scripture next week is Isaiah 41:10.
- B. If you missed Sunday's sermon, watch online at www.lifewatercc.org before the next Life Group.
- C. Reflect on next week's questions during your five minutes of daily silence.

“Rise Up”

The Comeback from Fear

Lesson 2

I. **Purpose:**

- A. To help us understand how the pandemic has impacted our feelings of fear.
- B. To help us know what the Bible teaches about fear.
- C. To help us see how God can help us deal with fearful situations.

II. **Community that Cares: (10 minutes)**

- A. How are you doing with taking your next step to Rise Up and make your comeback?
- B. How are you doing with your 5-5-5 this week?

III. **Community that Learns: (15 minutes)**

- A. Review the points of the Pastor’s message.
- B. Sermon outline: “Rise Up: The Comeback from Fear.”
- C. Four effective ways to overcome fear:
 - 1. Trust and believe in the (presence) of God. Isaiah 41:10
 - 2. The Holy Spirit gives you (power) and strength.
2 Timothy 1:7
 - 3. Do not be anxious but (pray). Philippians 4:6-7
 - 4. Remember the times in the (past) where God has delivered you from your fears. Psalms 34:4
- D. What really spoke to you, challenged you, or encouraged you in these points?
- E. Additional scriptures to look at: Deuteronomy 31:6; Joshua 1:9; Psalm 23:4, 34:4, 56:3; Proverbs 1:7; Matthew 6:34; 1 John 4:18.

“Rise Up”
The Comeback from Fear
Lesson 2 cont.

IV. Community that Applies: (20 minutes)

- A. What has been your biggest struggle involving fear during this pandemic?
- B. Before the pandemic what were some of your fear-coping techniques? Did they work before?
- C. How have your fear-coping techniques changed over the last seven months?
- D. Are they now working?
- E. Have you experienced God helping you with your fears?
- F. Are you dealing with your fears in a biblical way? Why or why not?
- G. What do you need to change to deal with fear in a more Godly way?

V. Community that is Accountable: (15 minutes)

If this is an area that God is speaking to you about, then what is your next step to Rise Up and come back from fear?

VI. Community that Prays: (5 minutes)

Spend a few minutes praying with the person on your right over your next step.

VII. Community that Looks Ahead:

- A. The scripture next week is Ephesians 4:26.
- B. If you missed Sunday’s sermon, watch online at www.lifewatercc.org before the next Life Group.
- C. Reflect on next week’s questions during your five minutes of daily silence.

“Rise Up”

The Comeback from Destructive Anger

Lesson 3

I. **Purpose:**

- A. To help us understand how the pandemic has impacted our feelings of anger.
- B. To help us know what the Bible teaches about anger.
- C. To help us see how God can help us deal with our anger.

II. **Community that Cares: (10 minutes)**

- A. How are you doing with your next step to Rise Up and make your comeback?
- B. How are you doing with your 5-5-5 this week?

III. **Community that Learns: (15 minutes)**

- A. Review the points of the Pastor’s message.
- B. Sermon outline: “Rise Up: The Comeback from Destructive Anger.”
- C. Three effective ways to deal with destructive anger:
 - 1. (Understand) that the emotion of anger is not wrong. Ephesians 4:26
 - 2. (Unrestrained) anger produces foolish actions. Ecclesiastes 7:9; Proverbs 29:11
 - 3. Don’t (underestimate) the power of listening and then speaking. James 1:19
- D. What really spoke to you, challenged you, or encouraged you in these points?
- E. Additional scriptures to look at: Psalm 37:8; Proverbs 14:29, Proverbs 15:1, 19:11; Ecclesiastes 7:9; Matthew 5:22; Ephesians 4:31; James 1:20.

“Rise Up”

The Comeback from Destructive Anger

Lesson 3 cont.

IV. **Community that Applies: (20 minutes)**

- A. Do you sense more anger coming out of you since the pandemic began? Why or why not?
- B. Why might you feel angrier now?
- C. What were some of your anger-management techniques before the pandemic? Do they work now?
- D. Are you trying new techniques to deal with your anger? What are they?
- E. Are there Bible verses about anger that you struggle with?
- F. What Bible verses have helped you deal with your anger and why?
- G. Are there additional steps you need to take to deal with your anger?

V. **Community that is Accountable: (15 minutes)**

If this is an area that God is speaking to you about, then what is your next step to Rise Up and come back from destructive anger?

VI. **Community that Prays: (5 minutes)**

Spend a few minutes in silent prayer over your next step.

VII. **Community that Looks Ahead:**

- A. The scriptures next week are Luke 10:25-37.
- B. If you missed Sunday’s sermon, watch online at www.lifewatercc.org before the next Life Group.
- C. Reflect on next week’s questions during your five minutes of daily silence.

“Rise Up”

The Comeback from Prejudice

Lesson 4

I. **Purpose:**

- A. To help us understand how race issues and riots have impacted our thoughts.
- B. To help us know what the Bible teaches about prejudice.
- C. To help us see how God can help us deal with race and prejudice issues.

II. **Community that Cares: (10 minutes)**

- A. How are you doing with taking your next step to Rise Up and make your comeback?
- B. How are you doing with your 5-5-5 this week?

III. **Community that Learns: (15 minutes)**

- A. Review the points of the Pastor’s message.
- B. Sermon outline: “Rise Up: The Comeback from Prejudice.”
- C. Four biblical principles related to prejudice: Luke 10:25-37
 - 1. The (robbers) viewed the man as a thing not a person. Luke 10:30
 - 2. The (religious) leaders viewed the man as a problem to avoid. Luke 10:30-32
 - 3. The innkeeper viewed the man as a customer to serve for a (reimbursed) fee. Luke 10:35
 - 4. The man from a (rejected) (race) viewed the man as someone who needed help. Luke 10:33-35
- D. What really spoke to you, challenged you, or encouraged you in these points?
- E. Additional scriptures to look at: John 4:7-11; Acts 10:9-48, Acts 11:1-18, Acts 19:23-41; Galatians 2:11-21, Galatians 3:26-29.

“Rise Up”
The Comeback from Prejudice
Lesson 4 cont.

IV. Community that Applies: (20 minutes)

- A. What has been your reaction when you have seen racially-driven abuse and murder of people by authority figures?
- B. What has been your reaction to the protesting and rioting in response to these murders and abuses?
- C. Do you consider yourself a racist? Why or why not?
- D. How have you seen the reaction of the robbers in Jesus’ story exhibited today?
- E. How have you seen the reaction of the religious leaders in Jesus’ story exhibited today?
- F. How have you seen the reaction of the innkeeper in Jesus’ story exhibited today?
- G. How have you seen the reaction of the Samaritan in Jesus’ story exhibited today?
- H. What should be the church’s reaction to prejudice?
- I. What is one principle you learned from the Bible about race or prejudice?

V. Community that is Accountable: (15 minutes)

If this is an area that God is speaking to you about, then what is your next step to Rise Up and come back from prejudice?

VI. Community that Prays: (5 minutes)

Spend some time together praying for prejudice attitudes in your own heart, in your group, in the church, in our country.

VII. Community that Looks Ahead:

- A. The scriptures next week are Matthew 6:19-24.
- B. If you missed Sunday’s sermon, watch online at www.lifewatercc.org before the next Life Group.
- C. Reflect on next week’s questions during your five minutes of daily silence.

“Rise Up”

The Comeback from Pressure of Money

Lesson 5

I. **Purpose:**

- A. To help us understand how we can be impacted by the loss of a job, money pressures, and the economy.
- B. To help us know what the Bible teaches about money.
- C. To help us see how God can help us deal with money pressures.

II. **Community that Cares: (10 minutes)**

- A. How are you doing with taking your next step to Rise Up and make your comeback?
- B. How are you doing with your 5-5-5 this week?

III. **Community that Learns: (15 minutes)**

- A. Review the points of the Pastor’s message.
- B. Sermon outline: “Rise Up: The Comeback from the pressure of money.”
- C. Three biblical principles related to the pressure of money:
 - 1. Do not accumulate riches for yourself here but in (Heaven).
Matthew 6:19-20
 - 2. How we (handle) our money is a reflection of the condition of our heart. Matthew 6:21-23
 - 3. We cannot give our whole (heart) to money and to God.
Matthew 6:24
- D. What really spoke to you, challenged you, or encouraged you in these points?
- E. Additional scriptures to look at: Luke 16:14-15; Acts 4:32-37, Acts 5:1-11, 8:9-25; 1 Timothy 6:10; Hebrews 13:5

IV. **Community that Applies: (20 minutes)**

- A. Have you ever been laid off or fired from a job? What were some of the feelings you experienced?

“Rise Up”
The Comeback from Pressure of Money
Lesson 5 cont.

- B. How many people do you know who have been laid off during the pandemic? What were some of the feelings you experienced?
- C. How much time have you spent worrying about the economy and your job? Why?
- D. What does money represent to you?
- E. Why does our spending reflect the condition of our heart?
- F. Why does Jesus say we cannot serve both God and money?
- G. How does God expect us to deal with money?
- H. Why is so hard to deal with money in a Godly way?

V. **Community that is Accountable: (15 minutes)**

If this is an area that God is speaking to you about, what is your next step to Rise Up and come back from the pressures of money?

VI. **Community that Prays: (5 minutes)**

Spend some time praying with the person to your right about money pressures you are facing.

VII. **Community that Looks Ahead:**

- A. The scripture next week is Romans 3:23.
- B. If you missed Sunday's sermon, watch online at www.lifewatercc.org before the next Life Group.
- C. Reflect on next week's questions during your five minutes of daily silence.

“Rise Up”

The Comeback from the Separation from God

Lesson 6

I. **Purpose:**

- A. To help us understand how to fix our separation from God.
- B. To help us know what the Bible teaches about being reconciled to God.
- C. To help us see how God sent Jesus Christ to save us.

II. **Community that Cares: (10 minutes)**

- A. How are you doing with taking your next step to Rise Up and make your comeback?
- B. How are you doing with your 5-5-5 this week?

III. **Community that Learns: (15 minutes)**

- A. Review the points of the Pastor’s message.
- B. Sermon outline: “Rise Up: The Comeback from the separation from God.”
- C. Three biblical principles related to our separation from God:
 - 1. (We) are all separated from God because of sin. Romans 3:23
 - 2. The (wages) of sin is death. Romans 6:23a
 - 3. The unearned gift that is (welcomed) leads to eternal life. Romans 6:23b
- D. What really spoke to you, challenged you, or encouraged you in these points?
- E. Additional scriptures to look at: John 1:17, 3:16; Ephesians 1:4-10, 2:8-10; 1 Thessalonians 5:9; Titus 3:4-7.

“Rise Up”
The Comeback from the Separation from God
Lesson 6 cont.

IV. Community that Applies: (20 minutes)

- A. Has the pandemic brought the best and worst out of you?
How?
- B. How would you describe the good news of the comeback from being separated from God?
- C. What questions do you have about this good news?
- D. Have you ever accepted this good news? If not, why?
- E. If you have accepted Christ as your savior, when and what happened?
How has it impacted your life?
- F. Do you know others who are suffering from being separated from God? What do you need to do to show them that they can come back from this separation?

V. Community that is Accountable: (15 minutes)

If this is an area that God is speaking to you about, then what is your next step to Rise Up and come back from the separation from God?

VI. Community that Prays: (5 minutes)

Spend some time together naming and praying for people you know who need to come back from their separation from God.

VII. Community that Looks Ahead:

- A. The scripture next week is Philippians 4:13.
- B. If you missed Sunday's sermon, watch online at www.lifewatercc.org before the next Life Group.
- C. Reflect on next week's questions during your five minutes of daily silence.

“Rise Up ... The Comeback”
Philippians 4:13
Lesson 7

I. Purpose:

- A. To celebrate what we learned in this series.
- B. To celebrate how God spoke to us in this series.
- C. To give God honor and glory due Him.

II. Community that Cares: (10 minutes)

- A. What is the next step God is asking you to take and how are you doing?
- B. How are you doing with your 5-5-5 this week?

III. Community that Learns: (15 minutes)

- A. What spoke to you, challenged you, or encouraged you the most in this series?
- B. What is one thing you learned, relearned, or were reminded of as we looked at the last six weeks of scriptures?
- C. Additional scriptures to look at: Psalm 18:1; Isaiah 40:29-31, Isaiah 41:10; 2 Corinthians 12:9-10; Ephesians 6:10.

IV. Community that Applies: (20 minutes)

- A. Before this series, what were your thoughts about what we have been going through in 2020?
- B. Do you have better tools to deal with the issues of today?
- C. What is the best biblical tool you learned or were reminded of to help you face today?
- D. How has this series equipped you to help others who are struggling today?

“Rise Up ... The Comeback”
Philippians 4:13
Lesson 7 cont.

V. **Community that is Accountable: (15 minutes)**

If this is an area that God is speaking to you about, then what is the next step you need to take?

VI. **Community that Prays: (5 minutes)**

Spend some time praying silently about the next step that you are attempting to take. Pray for strength, boldness, and wisdom.

VII. **Community that Looks Ahead:**

A. The scripture next week is Genesis 2:4.

B. If you missed Sunday's sermon, listen to it online at www.lifewatercc.org before the next Life Group.

C. Reflect on next week's questions during your five minutes of daily silence.

Prayer Requests

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