

LifeGroup Sermon Series Study

2021-2022

Series One



“The New Normal”



It seems like all we hear about these days is the “new normal” (those changes that are forced on us that we don’t want). Is it any wonder that people hate the words “new normal”? But we need to realize, not all change is bad. Sometimes change can be good, can be important, and essential.

Experiencing something new can be among the most rewarding times of our lives.

For most of my life, I’ve had a rhythm of fall being the beginning of something new. When I was younger, I hated fall. It represented things dying, the end of one of my favorite seasons, and having to go back to school (which brought about all kinds of changes). To be honest, it was a very depressing time of my life - especially after my dad died.

But after college, when I began to work for Youth for Christ, fall changed its meaning for me. It stopped representing the end of things and started representing a new beginning – new experiences, new friends, and a new faith (It was fall when I returned to my faith in Jesus and received my call into the ministry).

My hope and prayer is that, as you enter this fall season, you will share your excitement for what Jesus has done and is doing for you, your friends, neighbors, and coworkers or school associates. How is He helping you experience something new in your family – in dealing with stress, in facing the future, and in how you view Jesus?

This fall let’s celebrate the “new normal” and perhaps it’s not so bad.

For His Kingdom,

Pastor Doug

**“The New Normal”
LIFEGROUP ROSTER**

NAME	PHONE #	E-MAIL

“The New Normal”
Celebrating What’s New
Lesson 1

I. Purpose:

- A. To help us understand how change affects us.
- B. To help us know that change is not always bad.
- C. To help us see how God can use circumstances to bring us to a new place.

II. Community that Cares: (10 minutes)

- A. What is your next step and how are you doing with taking that step?

- 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: “The New Normal” – Celebrating What’s New.

1. Three things to celebrate this fall:

a. A new (_____) year.

b. A new (_____).

c. A new (_____).

- C. What really spoke to you, challenged you, or encouraged you in these points?

- D. Additional scriptures to look at: Luke 5:36-39; 2 Corinthians 5:17; Ephesians 4:22-24; 2 Peter 3:13.

Lesson 1 (cont.)

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

- A. What are you feeling about the fall? Like or dislike? Why?

- B. What are some good or bad experiences you have had in fall?

- C. Even if you do not have children in school, does your schedule change in the fall? How?

- D. Can you think of a time when you had a new start? What happened? How did it impact your life? Is your life still impacted by the new start?

- E. Do you wish you could have a new start today? Why? What would you hope for?

- F. List some ways that Jesus has given you a new start.

- G. If you are following Jesus, how has your relationship with Jesus impacted your schedule?

- H. Is there anything you should start or stop doing?

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

If this is an area that God is speaking to you about, what is the next step you need to take as a result of realizing the new normal is not so bad?

Lesson 1 (cont.)

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

Spend a few minutes in silent prayer about your next step then have a couple people pray for their next step.

VII. **Community that Looks Ahead:**

- A. The scriptures next week are Luke 15:11-32.
- B. If you missed Sunday's sermon, watch online at www.lifewatercc.org before the next LifeGroup.
- C. Reflect on next week's questions during your five minutes of daily silence.

“The New Normal”
Dealing with Family
Lesson 2

I. Purpose:

- A. To help us understand how families can change.
- B. To help us know how to deal effectively with family difficulties.
- C. To help us see how Jesus gives us the example of how families should work.

II. Community that Cares: (10 minutes)

- A. What is your next step and how are you doing with taking that step?
- 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: “The New Normal” – Dealing with Family. Luke 15:11-32
 - 1. Three things the father did to help his family adjust to the new normal:
 - a. He let his son (_____). Luke 15:11-13
 - b. He waited and never lost (_____). Luke 15:20
 - c. He restored him and (_____) him. Luke 15:22-24
- C. What really spoke to you, challenged you, or encouraged you in these points?

Lesson 2 (cont.)

- D. Additional scriptures to look at: 1 Corinthians 7:3-5, 10-11: Ephesians 5:21-6:4; Colossians 3:18-21.

IV. Community that Applies: (20 minutes)

- A. What do you think the father was feeling while the son was gone?
- B. What do you think the son was feeling while he was gone?
- C. What amazes you the most about the father?
- D. How did the father remain hopeful about his son?
- E. How did the father deal with his other son who was home?
- F. Do you have a relationship with a parent, spouse, or child that is strained?
- G. What are some things you have tried that are similar to what the father in the story tried?
- H. What are some things you have not tried that the father tried?
- I. Is there anything you should start or stop doing?

V. Community that is Accountable: (15 minutes)

If this is an area that God is speaking to you about, what is the next step you need to take as a result of realizing the new normal is not so bad?

Lesson 2 (cont.)

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

Go around the room and share your next step and have the person to your right pray for you.

VII. **Community that Looks Ahead:**

- A. The scriptures next week are Matthew 11:28-30.
- 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.

“The New Normal”
Handling Stress
Lesson 3

I. Purpose:

- A. To help us understand how stress affects us.
- B. To help us know that Jesus wants to help us find peace.
- C. To help us see how Jesus can teach important lessons in the midst of stress.

II. Community that Cares: (10 minutes)

- A. What is your next step and how are you doing with taking that step?

- 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: “The New Normal” – Handling Stress. Matthew 11:28-30
 - 1. Three things Jesus said about a new way of dealing with stress:
 - a. (_____) to Him and receive rest. Matthew 11:28

 - b. (_____) with me and you will learn from me. Matthew 11:29a

 - c. (_____) you will find rest. Matthew 11:29b-30
- C. What really spoke to you, challenged you, or encouraged you in these points?
- D. Additional scriptures to look at: Psalm 55:22, 118:6, 119:114; Philippians 4:6; 1 Peter 5:7; 1 John 4:18.

Lesson 3 (cont.)

IV. Community that Applies: (20 minutes)

- A. What are some things that are stressing you this week?
- B. If you are completely honest, are you dealing with stress effectively?
- C. If you are not dealing with your stress effectively, how can you practically go to Jesus and receive rest?
- D. What does it mean to you to take Jesus' yoke and how will that help you with your stress?
- E. How can you learn from Jesus ways to deal with your stress?
- F. Is it significant to you that Jesus is gentle and humble in heart? Why?
- G. Can you illustrate how Jesus helps us find rest for our souls?
- H. Is there anything you should start or stop doing?

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 as a result of realizing the new normal is not so bad?

VI. Community that Prays: (5 minutes)

Spend a few minutes discussing your next step and the person on your left will pray for you.

Lesson 3 (cont.)

VII. Community that Looks Ahead:

- A. The scriptures next week are John 16:33.
- 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.

“The New Normal”
Looking Ahead
Lesson 4

I. Purpose:

- A. To help us understand how our attitude about the future impacts us.
- B. To help us know that, walking with Jesus, we can have confidence in the future.
- C. To help us see how we can have peace as we look to the future.

II. Community that Cares: (10 minutes)

- A. What is your next step and how are you doing with taking that step?
- 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: “The New Normal”– Looking Ahead.
 - 1. Three things Jesus said about a new way to face an uncertain future. John 16:33
 - a. We are never alone because (_____) is with us. John 16:32a
 - b. Jesus (_____) us peace. John 16:33a
 - c. Jesus has (_____) victory over the world. John 16:33b
- C. What really spoke to you, challenged you, or encouraged you in these points?

Lesson 4 (cont.)

- D. Additional scriptures to look at: Jeremiah 29:11; Romans 8:35-39; James 1:12; 1 Peter 4:5.

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

- A. Do you have a positive or negative view of the future?
- B. What about the future concerns you most?
- C. What are you not concerned about in the future?
- D. As we look to the future, how does it impact you that Jesus tells us that we are never alone?
- E. How has Jesus given you peace in the past?
- F. Do you think Jesus will give you peace in the future? Why? How?
- G. What do you think Jesus was saying to you (when He said that He has overcome the world)?
- H. How has Jesus' victory helped you today?
- I. Is there anything you should start or stop doing?

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 as a result of realizing the new normal is not so bad?

Lesson 4 (cont.)

VI. Community that Prays: (5 minutes)

Spend a few minutes for those who are still struggling to do their 5-5-5.

VII. Community that Looks Ahead:

- A. The scriptures next week are John 10:10.
- 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.

“The New Normal”

Viewing Jesus

Lesson 5

I. Purpose:

- A. To help us understand how others have impacted our view of Jesus.
- B. To help us know who the thief is.
- C. To help us see who Jesus really is.

II. Community that Cares: (10 minutes)

- A. What is your next step and how are you doing with taking that step?
- 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: “The New Normal” – Viewing Jesus.
 - 1. Three things Jesus says about Himself and the thief:
 - a. The (_____) of the thief. John 10:10
 - b. The (_____) of the thief. John 10:10
 - c. The (_____) of why Jesus came. John 10:10
- C. What really spoke to you, challenged you, or encouraged you in these points?

Lesson 5 (cont.)

- D. Additional scriptures to look at: John 6:35, 8:12, 10:9, 10:11, 11:25, 14:6, 16:1.

IV. Community that Applies: (20 minutes)

- A. Why did Jesus describe our enemy as a thief?
- B. Do you think the thief is Satan? Why or why not?
- C. Why does Satan want to steal, kill, and destroy?
- D. How do you think Satan is doing this today?
- E. What does Jesus mean (that He has come so that you can have life)?
- F. What does Jesus mean (that He has come so that you can have life abundantly)?
- G. Why are Satan's lies viewed so attractively today and Jesus' truth is viewed so negatively?
- H. How can you help people view Jesus in a more positive light?
- I. Is there anything you should start or stop doing?

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 as a result of realizing the new normal is not so bad?

Lesson 5 (cont.)

VI. Community that Prays: (5 minutes)

Spend a few minutes praying for those who are struggling with their next step.

VII. Community that Looks Ahead:

- A. The scriptures next week are Hebrews 1:14.
- 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.



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