

# CONNECT

*...in worship*

## Outline

Embrace Hardships – Matthew 5:4; Isaiah 61:3

Move from denial to desperation

- Crisis
- Confrontation
- Catastrophe

Grief: God's pathway to comfort

Pain: God's indicator that we need healing

Reach out to God – Mark 5:27-34; Isaiah 53:5

- God exists – Mark 5:33
- We matter to Him – Mark 5:34
- God has the power to change you and your situation – Mark 5:30-34; Ephesians 1:19-20

Keep holding on – 2 Timothy 1:7

- Power
- Love
- Self-control

\*This series resourced by Life's Healing Choices by John Baker

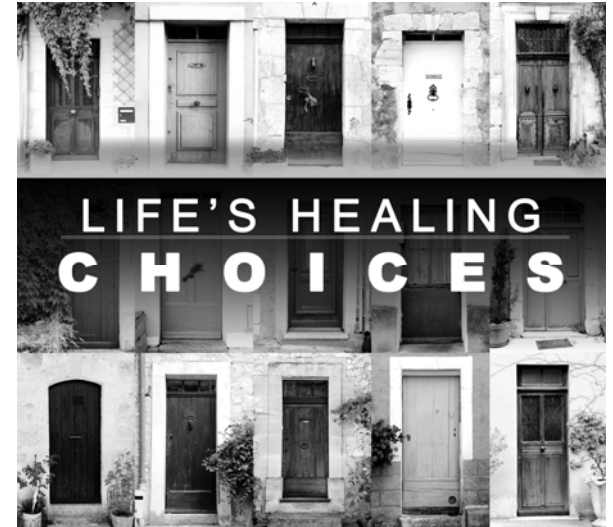


**NICEVILLE UNITED METHODIST CHURCH**

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*Come, Meet, Grow, Serve*



**Reach Out to God**

Rev. Jeremy Smith — 8:00, 9:32 and 11:00 a.m.

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*...in Community*

Last week we talked about admitting our need, because none of us are perfect. Because of our inability to do the right thing, we must admit our need for God! Now, we want to answer the question of what do we do about it? The world is imperfect; we've all been hurt: we all have hang-ups, we all have habits we'd like to change. Everybody needs God's help to change - to make healing choices. The steps are the same regardless of what your problem is.

## *meet*

As a small group, list the places you would go to receive help if you were hurt or damaged physically, emotionally, legally, financially, etc. Think about all the ways we have created agencies and organizations to help people in their hurts and problems. Now, where do we go to get help spiritually with your hurts? Really?

## *grow*

Read Hebrews 11:6

1) What is God's Antidote for Denial?

- How does God use pain? Give a personal example.
- How does God use grief? Give a personal example.

2) What "things" does God use to get your attention?

The 3 C's: Crisis, Confrontation, & Catastrophe

- How has God used these in your life to get your attention? Did it work? What was the outcome? Did it cause you to rely on God more? Why does God have to use these types of things to get our attention?

3) What is the truth about God?

God exists - Read Romans 1:20.

- How has God revealed Himself to you?

You matter to God - Read Col. 1:15.

- How has God showed you that you matter to Him as a person.

God cares about your situation - Read Ps. 103:13-14.

- What situation do you need help with in your life?

God can change you and your situation - Read Eph. 1:20.

- Think of a time in your life where you have seen God's hand, protection, provision, etc. Share this with your group.

## *serve*

How can you plug into God's power this week? Read Phil. 2:13 and discuss how God is doing this in your life.

# CONNECT

*...in Word*

**N**otice the text | read the passage slowly and thoughtfully

**E**ngage the truth | what do I see about God, His promise or command, life, sin, me

**A**pply to life | how does this passage apply to my life now

**R**espond to God | write a reflection, prayer, action, decision

**Day 1** Read Ps. 14:1. Pray that God would reveal Himself to you today. Pray that you would be keenly aware of His presence around you.

**Day 2** Read Ps. 31:7; Ps. 69:5. Make a list today of all the things that God has done to take care of you in your life. Anything that comes to mind write it down, no matter how large or small. How He has provided and protected you? As you pray, thank God for being interested and involved in every aspect of your life.

**Day 3** Read Jer. 31:3; Rom. 5:8 - Submit your "situation" to God. Whatever the hurt, habit, or hang up is in your life, lay it at God's feet in your prayer time today. Ask Him to work in it and through it and to show you what you need to do.

**Day 4** Read Lk. 18:27. The longer you postpone your pain, the further healing gets away. How have you experienced this? Have you learned from that experience or do you continue to repeat it? Why or why not? Pray that God would help change you and your situation.

**Day 5** Read 2 Tim. 1:7. Which of these do you need the most: God's power, love, or self control? Pray that you could tap into the one that you need the most and that God would help you with it so that you can be free of whatever hurt, habit or hang-up that you are trying to deal with this week. Pray that at some point you could use that hurt to help others.