



GRACE GROUP LEADER'S MESSAGE GUIDE

Leader note: This Message Guide is intended to help you facilitate discussion with your Grace Group. You can use the guide exactly as it is, ignore some of it, or add to it. We hope you view this guide as a flexible teaching tool, and not a rigid teaching task.

WEEK OF FEBRUARY 20th

Please review the Updates and Leader Information found at gracefellowship.cc/groupresources.

ICEBREAKER

What's the best dish you ever cooked? Or, the best thing you ever baked?

WATCH THE TEACHING VIDEO BY PASTOR JAKE McCULLOUGH

RECALIBRATE - WEEK 3 (Scripture: Matthew 11:28-30, Psalm 23)

1. What room in your home is the most relaxing and why?
2. When was the last time you truly rested and disconnected from social media, phones, news, email, etc?
3. When you think about the recipe for a happy, healthy life, what comes to mind?
4. Describe a time in your life when self-reliance, chasing all the dreams, job, school or sports led you to a time of burnout, burden and exhaustion.
5. Read Matthew 11:28-30. Jesus says he will give us rest. Have you ever turned to him for rest? And, what did you learn by turning to him?
6. Read Psalm 23. What's the role of a shepherd and why would we need one?
7. The psalm says "I lack nothing" or it might say "I shall not want." I can think of a lot of things I think I don't have, but what is meant by this?
8. It also says "He restores my soul." What is your soul? (*Simply stated, the human soul is the part of a person that is not physical. It is the part of every human being that lasts eternally after the body experiences death. [Genesis 35:18](#) describes the death of Rachel, Jacob's wife, saying she named her son "as her soul was departing." From this we know that the soul is different from the body and that it continues to live after physical death. gotquestions.org) What then might need restored in your soul?*
9. Would you say that Jesus is more of a compass or a lifeboat in your life? Why?

ACTION STEP

The action step out of the weekend message was to spend more time with Jesus. Spend 20 minutes reading Psalm 23 and reflecting on what that means for your life.

SHEPHERDING / CARE / PRAYER

Creative Ideas for Group Prayer:

- Pray through a psalm out loud together.
- In a couples' group, have spouses pray for each other.
- Vary prayer time among the beginning, middle, and closing of the meeting.

- Pick a portion of Scripture to pray for one another during the week (for example, Colossians 1:9 or Ephesians 3:14-19).
- Pray through your church's prayer requests each week (gracefellowship.cc/prayer).
- If someone is in crisis, stop right then and pray for him or her.
- Pray for the church, a country, a family in need, specific seeker-oriented events, or any area for which your group has a passion.
- Do a study on prayer. Highly recommend: *Praying from God's Heart* by Lee Braise, *Prayer* by Richard Foster, or *Too Busy Not to Pray* by Bill Hybels.
- Is there someone in your group with the gift of encouragement? Ask that person to be the prayer coordinator, who writes down requests each meeting and keeps track of answers. If a group member has an emergency, he or she can contact the prayer coordinator, who will notify all the other members to pray for that person.
- Praise can be a part of intercession. Is a member in the midst of struggle? Praise God in the struggle (see Psalm 13).
- Have each member write down requests for the week on a piece of paper, fold the paper, and put it in a hat. Pass the hat, each member agreeing to pray for the person he or she picks and to call to encourage that person during the week.
- To cut down on the time your group spends talking about prayer requests, give everyone a three-by-five-inch card to write down prayer requests for the week and have them exchange cards with another member of the group.
- We need to voice our requests from God's perspective and will (John 5:14-15). The next time you are asked to pray for an event, for someone's salvation, or for someone's health, stop and ask your heavenly Father, "What are your desires, and what can I pray that will cause your desires to take place?"

(Article: *Facilitating Meaningful Group Prayer*, 2012, smallgroups.com)