

# Getting Through What We're Going Through

## Life Group Leaders Guide

### Objective

This guide contains the information and questions you will need to lead a life group study during our current sermon series. Our aim is to spark Spirit-led, Bible-centered conversations that anyone can participate in regardless of how biblically literate they may or may not be. **The win** that we want you to experience is when your group members **connect** more closely with each other and with God so that they are encouraged to move forward in living out their faith.

### Directions

The *Purpose* and *Move* sections are for the leader to read to the group to provide clarity. **Do not feel pressured to cover all the questions.** Decide which ones may work best for your group. You will see brief notes interspersed between groups of questions to help give the group context for their answers. The *Notes and Commentary* section (when included) is optional reading for the leader to get background information and better understanding of the passages before leading the discussion.

### Series Overview

Our current circumstances of this pandemic are unprecedented in our times, and we are left wondering how we are going to get through it. Getting Through What We're Going Through is a series that shows us how God gets us through all seasons of life, and the proactive steps we can take to move with him.

### Getting Through What We're Going Through Series Schedule

Week	Sermon Date	Topic
1	4/19	Cry to God
2	4/26	Hope in God
3	5/3	<a href="#">Life Group Socials</a>
4	5/10	B.L.E.S.S. for God

## The Point Church Life Group Curriculum

# *Cry to God*

## The Big Idea

Crying out to God is not a lack of faith, but a demonstration of it.

## Flow of Study

**Icebreaker:** What is something you are thankful for during this season?

**Move #1:** Sunday's message was about how to get through what we're going through, we need to start by crying out to God.

1. What was something that stood out to you from the message this weekend?
2. How have you been crying out to God during this crazy season?

**Move #2:** Sometimes when things get shaken up, we cry out to God and it seems like he doesn't answer. Let's look at a Psalm where David cries out to God in such a way.

### Read Psalm 22:1-5 (NIV)

1 My God, my God, why have you forsaken me?

Why are you so far from saving me,  
so far from my cries of anguish?

2 My God, I cry out by day, but you do not answer,  
by night, but I find no rest.

3 Yet you are enthroned as the Holy One;  
you are the one Israel praises.

4 In you our ancestors put their trust;  
they trusted and you delivered them.

5 To you they cried out and were saved;  
in you they trusted and were not put to shame.

3. What are some phrases or emotions that stick out to you in verses 1-2?
4. How might being honest with God about how you are feeling actually demonstrate a courageous faith rather than expose a lack of faith?
5. During a time when you felt like God was distant or not listening to your prayers, did you find it difficult to honestly express those feelings to him? Why or why not?
6. Share about a time when you cried out to God and you clearly saw him answer your prayers.

7. How does reminding ourselves of God's faithfulness in the past help us to trust him in our current predicaments?

**Move #3:** Let's skip down to verse 19 and see how David continues to trusts God in his circumstances and reveres God because of who He is.

**Read Psalm 22:19-24 (NIV)**

19 But you, Lord, do not be far from me.  
 You are my strength; come quickly to help me.  
 20 Deliver me from the sword,  
 my precious life from the power of the dogs.  
 21 Rescue me from the mouth of the lions;  
 save me from the horns of the wild oxen.  
 22 I will declare your name to my people;  
 in the assembly I will praise you.  
 23 You who fear the Lord, praise him!  
 All you descendants of Jacob, honor him!  
 Revere him, all you descendants of Israel!  
 24 For he has not despised or scorned  
 the suffering of the afflicted one;  
 he has not hidden his face from him  
 but has listened to his cry for help.

8. How do verses 19-21 relate to what we're going through with COVID-19 or another difficult thing you are facing?
9. Notice the quick change between verses 21 and 22. Why is it important to praise God even when he seems distant and we don't know what the outcome will be?
10. What does it mean to "honor" and "revere" the Lord (v. 23)?
11. The Bible tells us that believers are adopted as children and friends of God. With that in mind, how can we cry out to God honestly and unfiltered, yet still recognize him for who he is?
12. How does verse 24 give you hope in what we're going through? If God is listening empathetically to our prayers, yet hasn't fixed the situation yet, why might that be?

**Next Steps:**

1. Join in with our church-wide 24/7 Week of Prayer this week by signing up to pray for several 15-minute or longer increments. Go to [pointchurch.com/pray](http://pointchurch.com/pray).
2. Spend time praying to God for at least 15 minutes each day. Consider using ACTS to guide your time (Adoration, Confession, Thanksgiving, Supplication).
3. Ask one of your neighbors or non-Christian acquaintances if there is anything you can pray about for them.

**Prayer:** End your study with a time of praying with and for each other. Take requests, but be sure to pray also about what you've discussed today.

## Notes and Commentary

*The following are pieces of commentary, facts, and links based on the passages of this study in order. Use them to help supplement your group time or for your personal preparation.*