



## You in 5 Years As Long as it is the Day

**Look Back** – Care, Praise, Loving Accountability, Vision – 20 mins This is a time to see how everyone’s week was. Were they successful in the previous week’s goals? Were they unsuccessful? It’s also a time to pour vision into your group. Give them the why behind things we are doing church wide. **Make sure to have your update outline with you so you can reference different points from the sermon.**

- How did it go with your “stupidly” small goal last week?
- Describe the craziest or busiest day you’ve ever had. (**Be ready to start**)

**Look Up** – What does the Bible say? Practice – 20 mins

- Joe gave us 4 words that can guide our little by little: DO, REST, SEEK, TRUST. Which one resonated with you the most? Why?
- Read John 9:4. With so much to **DO** in a given day how do we know what God needs us to do? Why is that thing so much more important?
- Refresh people on what happened in John 9. Read John 9:16. Some people will never be happy no matter what you do. Read Matthew 11:28-29. How can you learn to **REST** in Jesus regardless of our outcomes?
- Read John 6:14-15. Do you think the people had bad intentions trying to make Jesus king? Why do you think he didn’t want to? What did sneaking way to **SEEK** God do for Jesus? (**Relate this to his physical, mental & spiritual health**)
- Read Matthew 26:38. Jesus’ circumstance did not lend itself to **TRUST** but he did. Read Mark 14:36. How do you think our previous words strengthened Jesus’ ability to trust? How can it help you?

**Look Forward** – Set Goals (For Accountability), Commission and Pray – 20 mins

Commit to a step and live it out this week.

- Think back to which word resonated with you the most. How can you focus on that word this upcoming week?
- Ask how your group is doing (not just with this subject) but in general. Commit to praying and contacting each other this week.