

# SMALL GROUP DISCUSSION GUIDE

Here to There - Week 3



## CONNECT

Spend some time checking in. What are highs and lows since you last met? How can your group members pray for and support each other this week?

## GROW

- What forms of *numbing out* are common today? Do you agree with the comparison to idolatry in the Bible? Why or why not?
- How is self-care different from numbing out? How do you practice self-care?
- Have you ever had someone *lean in* to you? What's that like? What does it mean that God is constantly leaning in to and for you? Where do you see that happening, now or at another time in life?
- If leaning in is the posture of a Jesus follower, where could you lean in for others or for yourself? What might be difficult about leaning in? What might be life-giving?

## BIBLE

Read Isaiah 41:6-10; 58:11-12. What do you notice?

## PRAY

God of love, sometimes we think of faith as a destination we arrive at or a goal we achieve. Remind us that faith is the journey - a lifelong journey in which you are always moving us. Through all the good and all the bad, you are always moving us toward your peace, your hope, and your love. Amen.

