

Life Group Discussion Questions

January 29, 2012

Series: Unstuck

Sermon Topic: It's A Trap - 2 Samuel 10-11 - Dr. Matt Cassidy

Introduction: In our 3rd week of the "Unstuck" series, Matt took us deeper into the life of King David. We examined how David's personality "bents", when left unchecked, set a trap for him that led to adultery, cover-up, and ultimately murder. We also learned how we can learn from his mistakes.

Sermon Questions:

1. Read 2 Samuel 10-11 and note the contrast the author is making in how David uses his passion; one within the discipline of battle, the other unchecked in leisure. Share with your group a simple illustration of how your personality has been used by God for His Kingdom; but also can get you "stuck" in a trap if unchecked. What disciplines do you have in place to keep you from getting trapped?
2. Do you know how you are made? Take a few moments to think about your unique design; your personality, your talents and gifts, how you learn, and how you experience God most. What makes you...."YOU"? Share with your group a couple key insights and what remains unclear and how that has impacted your ability to know your final destination as you walk with Christ.
3. How you've been raised can either help or hinder your ability to walk with Christ. How has your upbringing affected who and where you are today? Would you say that you are a "victim" or a "conqueror" of your past? Share your insights with your group.

Study Questions: (Chapter 1-3: Emotional Healthy Spirituality)

1. Chapter 2 list and describes 10 symptoms of emotionally unhealthy spirituality. Read through the list on pg. 24 and share with your group which if any of those symptoms have been a struggle for you and in what way specifically.
2. In Chapter 3 the author provides his antidote to emotional unhealthy spirituality, which is the combination of both emotional health and contemplative spirituality. Test yourself against the definitions of Emotional Health and Contemplative Spirituality on pages 45 & 46. Share with your group how you scored. Is one stronger than the other or both equally high or low? Which ones would be the greatest growth areas for you to get unstuck?
3. The author goes on to state that the result of combining Emotional Health and Contemplative Spirituality results in three gifts on pg. 47... 1) the gift of slowing down, 2) the give of anchoring in God's love; and 3) the gift of breaking free from illusions. Read through the definitions of those gifts and share with your group which gift you desire most and what is it about that particular gift that you find so appealing.

Homework: Read and apply Chapter 4 in preparation for next Sunday's sermon.