

# Life Group Discussion Questions

## February 12, 2012

### **Series: Unstuck**

**Sermon Topic:** I Can See Clearly Now - Matthew 5:1-9 - Dr. Matt Cassidy

**Introduction:** In our 5th week of the "Unstuck" series, Matt taught us how grief and loss, as seen in the Beatitudes, can be the "kick" that God uses to get us unstuck so that we can truly experience "blessedness"... a good soul.

### **Sermon Questions:**

1. Read Matthew 5:1-11. Here Jesus is beginning His ministry of preaching the gospel of the kingdom of God and has a following of Jewish disciples. Understanding this context, how might this sermon have challenged their worldview and theology? Do you think it was easily accepted or confusing to the Jewish disciples? Why?
2. Now think about the world you live in today...21st century postmodern culture mixed with our American Christianity in Austin, Texas. In light of the sermon and reading of Matthew 5:1-11, how does Jesus' teaching challenge our worldview and theology? Is grief, loss and suffering permitted to run its course today or do we try to eliminate it? How might we hinder God's work in our lives by our worldview and theology? How could having the right "theological cone receptors" aid us in our growth and maturity in Christ? Share your insights with your group.
3. Matt asked us to think back and recall the worst thing that has ever happened to us, then put that aside. He then asked us to think back and recall the 2nd worst thing that ever happened to us. Share with your group what that 2nd worst thing was. Looking back on that event now, can you see how God used that event to help us love Him better, love others better or both. Or are you stuck there still grieving that event? Share with your group your experience and learnings.
4. If you haven't already done so, take the Monvee assessment. Go to [www.monvee.com](http://www.monvee.com); click "Login" and then "Are You New To Monvee?" Set up your account using Grace Covenant Church ID: **C1065429**. Complete assessment.
5. Begin or continue taking turns sharing your assessment results with your group. What is your learning preference; your spiritual pathway and your personality type. What inhibitors does your personality type struggle with? Do you agree or disagree with the results? How so specifically? Does might this assessment aid you in getting "unstuck"?

### **Study Questions: (Chapter 7: Emotional Healthy Spirituality)**

1. Review the list of common defensive maneuvers that we use when faced with pain on pages 141-2: denial, minimizing, blaming others, blaming yourself, rationalizing, intellectualizing, distracting and becoming hostile. Which ones have been your defensive for pain? How so specifically? Are they still your defense or has God given you another way?
2. Chapter 7 discuss the five elements of Job's grieving that helped him move forward and

be blessed: 1) Pay Attention, 2) Waiting in the Confusion, 3) Embracing Limits, 4) Climbing Ladder of Humility and 5) let Old Birth the New. Review those elements with your group and share which one is the easiest to do and which one is the hardest to do. What specifically makes one easier or harder for you?

**Homework: Read the remainder of Emotional Healthy Spirituality "Unstuck" in preparation for the finale of our sermon series.**