

DISCUSSION GUIDE

# THIS IS US

*finding our way back to God*



## How to use this guide

This study guide is designed to engage your group in deep and meaningful conversation. We hope that this series will be an exciting journey of discovering who God is and experiencing all that He has for us.

**Conversation Starter** is designed to break the ice and allow for group members to engage in opening conversation. The questions are usually fairly simple so anyone can participate. Feel free to come up with your own questions to break the ice too.

**Digging Deeper** is designed to take the group through the text and engage the group in a more robust conversation. The questions in this section will hopefully engage group members from all walks of life. You don't have to work through all the questions. As a leader, pick the ones that you think would best suit your group needs.

At the end of each section, we have provided you with room in the **Praise & Prayer Points** to take notes and write down the prayer requests of your group.

## CONTENTS

Session 1 – **Waking Up**

Session 2 – **Starting Over**

Session 3 – **Needing Help**

Session 4 – **Loved By God**

Session 5 – **Really Living**



During this series, we are encouraging everyone to take the 30-Day Wager. Sign up to receive daily emails that will guide you through a 30-Day Wager with God to see if He'll make Himself real to you.

You can sign up online at <http://faccalgary.com/wager> or through our FAC Experience App.

So if you haven't already, sign up now! It's never too late.



## Conversation Starter

- Would you consider yourself an evening or morning person?  
When are you most productive?

## Digging Deeper

- What stood out to you the most from this past weekend service?

**Together, open your Bibles and read from Psalm 42:1-5, then watch Session 1.**

Everyone has a longing for more. This longing to be loved, to find purpose and meaning in this life. God has placed this longing in each and every one of our hearts. We need to draw near to God. Why? Because He knows us best. He knows what we need to get through this life. God is the one who gives us meaning and purpose. Let the longings in your heart draw you closer to God.

- What are some longings that we carry in our hearts?
- What causes God to seem distant, or far away at times? Who moved away, God or you?

- Have you ever felt disconnected from God? How did you deal with those feelings? How did you continue searching for Him?
- What does it mean for you to “thirst for God, the living God”?
- In what ways do your longings push you away from God? In what ways do they move you towards God?

Read John 4:4-26, Jesus’ encounter between himself and a woman at a well.

- What words or phrases stood out to you?
- What longings do you think this woman had?
- What is this “living water” that Jesus talks about? What does Jesus mean when he tells her, “Everyone who drinks this water will never be thirsty again”?

The Psalmist wants to know God. This woman wants to know God. Does your soul long for God day and night? Only the living God can quench the thirst of the human heart for purpose, for meaning, for love. Make the Wager with God and for the next 30 days, see if He alone is the fulfilment to your longing for love, purpose, and meaning in life. Let’s journey together and discover God’s purpose and calling for each and every one of us.

- Have you signed up for the 30-Day Wager? If yes, share why! If no, what’s stopping you?

## **Praise & Prayer Points**

Spend some time praying and think about what God is doing in your life.

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## Conversation Starter

- If your house was on fire, what three things would you save and why?

## Digging Deeper

- What stood out to you the most from this past weekend service?

**Together, open your Bibles and read from Isaiah 43:16-21, then watch Session 2.**

Our attempts to find love, purpose, and meaning on our own lead to an endless cycle of longing and regret; but if we decide to return to God, we'll find we can always start over.

- Thinking back over the years, what were some decisions or mistakes you've made where you would like to start over? How might these decisions have effected your relationship with God?
- Has there been a time in your life when you felt like you were stuck in a cycle of disappointment and regret? What was

going on?

- How can God use our situations to bring glory and honour to Him?

God can make a way through the sea, through the mighty waters, He is making a way in the wilderness, and through the valleys and peaks of life.

- What has God done in your life that you see as evidence of His presence with you?
- What streams in the desert are bubbling up for you?

### **Together read Romans 8:28**

- How does this verse apply to your life?
- What does it mean to live “according to His purpose”?
- Do you trust God to work everything for good? Why or why not? How can we learn to trust God and live a life of faith?
- What would be the next step or change that would bring you closer to God? What’s holding you back?

When we end up going the wrong way, we need to make the decision to change, to head in a new direction in life. It’s never too late to start over, to turn to God. This week, think about where you need a fresh start. God is on the move and He is drawing you closer to Him!

### **Praise & Prayer Points**

Spend some time praying and think about what God is doing in your life.

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## **Conversation Starter**

- What first stirred your interest in Jesus? Why?

## **Digging Deeper**

- What stood out to you the most from this past weekend service?

**Together, open your Bibles and read from John 3:1-21, then watch Session 3.**

When we admit we are powerless to fulfill our longings on our own, we'll discover there's help and that help has a name. His name is Jesus. Now Nicodemus, a Pharisee, comes to Jesus by night to learn more about his teachings. In John 3, we read the conversation between Jesus and Nicodemus and learn what it means to be "born again".

- What is your first impression of Nicodemus in this story?
- If you went to Jesus with one question about your spiritual life, what would it be?
- What do you think Jesus meant when he told Nicodemus that in order to see God's kingdom, he must be "born again"?



- Have you ever felt a void or sense of something missing? If so, how have you tried to fill it? Where did you turn for comfort?

The reality is that we cannot do life on our own. We need to surrender to the One who wants more for us than we could ever imagine. We need to surrender our lives to Jesus. Each and every day, we need to come to him.

### **Read Romans 7:21-8:4**

- What is Paul frustrated about in verses 21– 24? How do you relate to this frustration?
- Do you think we need help to change our lives? Why or why not?
- Paul failed to earn the acceptance of God by trying hard to obey the religious rules, what finally worked for him?
- If you haven't trusted Jesus yet, are you ready to trust him now? Are you ready to join the family of believers?

If you have never turned your life over to Jesus, do that now. Talk to God and simply surrender to him, ask for forgiveness for your sins, and ask him to be your God forever.

For those of us that are following Jesus, let's continue asking God to lead us and guide us as we keep walking with Him through life each and every day.

### **Praise & Prayer Points**

Spend some time praying and think about what God is doing in your life.

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## **Conversation Starter**

- When did you first fall in love? How did you tell that person? How did they react?

## **Digging Deeper**

- What stood out to you the most from this past weekend service?

**Together, open your Bibles and read from Ephesians 3:14-19, then watch Session 4.**

When we find our way back to God, we will discover our identity as deeply loved, and unconditionally accepted children of God. The grace we feel is overwhelming, it's unfathomable, and truly amazing. We can live knowing that we are clean and fully separated from our sin in God's eyes. As we learn more about God's love for us, we learn to trust him through the chaos that life may bring and wonderful changes start to happen.

- Share a moment when you strongly felt God's love for you. What were some of your feelings in that moment? How did you react?

- Why do we often struggle with knowing that God really does love us?
- How do we deal with shame or guilt after we know that we've been forgiven and accepted by God?
- What verses help you understand God's love for you and your identity as a child of God?
- In what ways do we live out our lives as forgiven and accepted children of God?

### **Read 1 John 3:1**

- What do you think it is about becoming a child of God that is so hard for people to understand and accept?

There is no way that we can earn God's love or work towards it. God offers his love freely. It's a gift for anyone who chooses to receive it.

- How can the fact that God's love is effective and permanent give you confidence to trust in His love? How can we learn to grasp the extravagance of God's love for us in Jesus?

As followers of Jesus, we are rooted and established in love, and may we have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ is for us!

### **Praise & Prayer Points**

Spend some time praying and think about what God is doing in your life.

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## Conversation Starter

- When do you feel most alive?

## Digging Deeper

- What stood out to you the most from this past weekend service?

**Together, open your Bibles and read from Colossians 3:1-4, then watch Session 5.**

As followers of Jesus, we find that life is really worth living. Jesus gives us purpose, meaning, and adds a richness and fullness to our lives! Jesus is alive in us and that changes the way we live. We all need to find our place in the community of God's sons and daughters as we celebrate, connect, and contribute together.

- What changes have you seen in yourself over the past couple months? How has your relationship with God grown?
- What changes do you hope to see for yourself in the future?
- Why is it important to worship together in community at our church? How does it help sustain your walk and journey with

God?

- What do you enjoy about being in a small group? Why is being in community important?
- How do you grow in your faith? What are some practical steps to grow?

Now, because of Jesus Christ, we can experience fullness of life by living for him in all that we say and do. God in us, for us, through us, to accomplish His work here on earth. We all have a part to play.

- How do you think God has gifted and called you to serve others? What is your part to play?
- What are your next steps as you move forward in your journey with Jesus? Don't just talk about them, go out and do!

**Praise & Prayer Points**

Spend some time praying and think about what God is doing in your life.

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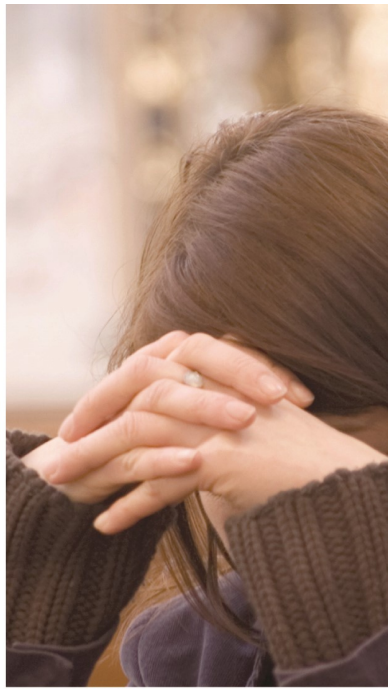
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