



Sermon-based small groups connect the week to the weekend!

Dig deeper into the talk each week, while getting connected, cared for and known. Challenge yourself to see how the message actually makes sense and applies to your everyday life and do it with people just like you to support you on your journey.

Message Info: Live Light 1/30/22, Happiness isn't a destination. It's more like a journey. Something to be experienced along the way, every day. Hard to imagine because most of us re exhausted from carrying the heavy stuff through life. Not the least of which is brought on by ourselves. Jesus came to set us free. Freedom from the heavy...from the guilt and shame. David new this hope that moved him from heavy to free. (Passages: Psalm 32; Galatians 5:1, 5:6)

Discussion Questions: Take your time and dig into these questions.

Tell a funny story from a trip you took.

Happiness isn't a destination. How can treating it like a destination something you get when you get somewhere new create more of a struggle in finding happiness?

Read Psalm 32 What sticks out to you from this passage and why?

This passage shows the journey from heavy to free for David. What made the difference for him? Have you experienced this kind of freedom?

Read Galatians 5:1 and verse 6. What sticks out to you and why? What are the correlation between this passage and Psalm 32? What is different?

David highlights his need to not "keep silent" about his sins. Why do you think a lot of people go silent in talking to God when their sin is heavy?

Instead of hiding from God what would it take to make God our hiding place? What could that look like after a bad decision or sin we commit?

Re-read Psalm 32:10. How does this verse make you feel? How can we practice living light this week?

Group Challenge: Reach out to some newer people you see at church. Just to be friendly.