

## We meet in Life Groups to **Connect**:

- Deeper with God and each other through prayer and relationship
- The Bible to life
- With our community through serving

## FREE RESOURCES:



**LECTIO 365 APP** [24-7prayer.com/dailydevotional](https://24-7prayer.com/dailydevotional)

Helps you **pray the Bible** and engage with Scripture to inspire prayer and shape your life.



**YOU VERSION BIBLE APP** [bible.com](https://bible.com)

1,200+ Bible versions, also allows you to connect with friends to do **devotionals together**, sharing real-life insights and comments.



**THE BIBLE PROJECT** [www.thebibleproject.com](https://www.thebibleproject.com). What is in the Bible and **how to read it**. Check it out at: <https://youtu.be/vFwNZNyDu9k>.

## SERMON SERIES: *Grounded*

Wisdom is the mindful application of our knowledge and experience to how we think, feel and act that results in flourishing relationships, (...with God, self and others).



Godly wisdom is the righteous application of the knowledge of God, ourselves and our experience to how we think, feel and act resulting in flourishing relationships with God, self and others.

Foolishness is the mindless ignorance of knowledge and experience to what we think, feel and act resulting in deteriorating relationships with God, self and others.

"The way of a fool is right in his own eyes..." (Proverbs 12:15a, ESV)

Ephesians 3:17–19. **Being Grounded is consistently living out of the love, knowledge, presence and strength of Jesus.**

Being Grounded Is Living Wisely.

## THIS WEEK: “*Grounded Actions*”

Watch the weekend’s sermon: <http://www.coldspringschurch.net/sermons.html>.

**PRAYER:** God is worthy to be sought - take time to pray together in your group.

**ICE BREAKER:** How do you help someone feel better when they are down? What makes you feel better?

## EXPLORING TOGETHER

There is value in sharing perspectives about the weekend message in community. With dialogue around God’s truths, perspective broadens and impacts transformation.

1. What is something from this weekend’s message that stood out to you?

## GOING DEEPER

Our actions reveal our values and beliefs. And they can also build new thoughts and feelings.

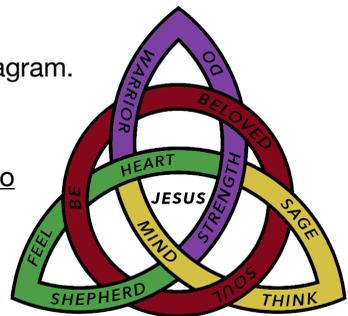
During the Grounded series we’ve consistently heard about the ***Pendulum Swing***.

2. How does the Pendulum Swing impact your actions?

3. Through this series, Pastor David has referred to this diagram.

How does it represent your life right now?

Pastor David spoke about the contrasts from: “self-denial to self-aware” (Colossians 2:16-23, Romans 12:1), “self-indulgent to Jesus-centered” (John 13:13-17, Galatians 5:13-15), and “accidental to intentional” (James 1:22-25, Luke 6:47-49).



4. Which of the above contrasts best describes an area in which you want to focus?

Pastor David talked about 4 “**How to Experience Grounded Actions**” —

A) Wake Up. B) Notice Your Self-Medication Patterns. C) Sit With Jesus. D) Choose Life.

5. Which of the “How To’s” will most help you focus on question 4’s area of contrast?

## WISDOM EXERCISE

Life-giving actions honor God, honor ourselves and honor others. Dis-integrated actions are things we do that result in destruction to ourselves and to others.

- A. Observe Your Doing
- B. Be Curious About The Why
- C. Lean Into Jesus

*Each week's Wisdom Exercise will help to consistently live out of the love, knowledge, presence and strength of Jesus. It is important to intentionally **determine when, where and with whom to put them into practice.***

## Don't Live In A Lie

We all have lies we believe about ourselves, God and others. When we ground ourselves in the truth of scripture, in right understanding of who God is and who we are, we are grounded.

## SURRENDER PRAYER

*Jesus, I surrender this \_\_\_\_\_ [belief/thought/feeling/action] to you right now. Come be with me and I am going to follow you.*

*Next week: "Grounded: The God Who Is With"*