



- GIRLS! Make sure you get registered for Designed for Life 2020! <https://designedforlife.org/>
- Life Groups can meet in person, and we would ask that you limit your gatherings to 25 (adults and children).
- Social Distancing and Care: Please continue to practice social distancing when meeting in person. We are not requiring that masks be worn but recommend a mask for those who prefer to wear one. And we encourage all those who are 65 years or older to continue to meet virtually. As a leader, based on these guidelines, you can decide what is best for the people in your group.

**This Week's Icebreaker Question:**

If you could instantly become an expert in anything what would it be?

**Sermon Specific Questions:**

1. Situations in our lives can often get worse before they get better, causing disappointment to take hold. Pastor John talked about how God is often doing a work IN us in times when we don't see Him working around us or through us. God is deeply concerned in the work of internal transformation and may be preparing us for what lies ahead. Describe a time when God was working on your inner life when the outside world seemed to be falling apart? Why are these times important? Where do we see this in exemplified in scripture?
2. Psalm 37:4 declares "take delight in the Lord and He will give you the desires of your heart." Although God wants to fulfill the deep desires of our heart, that doesn't mean that everything will happen just as we expected. Unrealized expectations can lead to disappointment which may result in depression if unchecked. How should we deal with unmet expectations? How does the story of Moses and the Israelites' interaction with Pharaoh in Exodus 5 and 6 show God's faithfulness despite their unfulfilled expectations? What does the Word of God have to say about expectations? (1 Peter 4:12)
3. The third way disappointment can take root in our lives is if we forget who God is and the promises He has made. God gave seven promises to Moses that he would need to hold onto in order to be led by fire in bringing the people of Israel out of Egypt. These were promises of deliverance, freedom, power, relationship, friendship, blessing, and inheritance. Which of these seven promises speaks to you the most in this season of your life? How has holding onto a promise of God impacted your life?