

Big Idea

We need a fresh breath of God in our lives. Life often has a way of pressing down on us and making us feel like we are stuck and not able to move. We often get stuck, by progressive steps:

We start faking it. Trying to live up to a perception, of what others think.

You put it off. We believe the myth that time heals all. Only the Holy Spirit heals

You give up. Feeling hopeless about your marriage, job, kids, etc.

You die. You feel like a shell of who you used to be. You feel like death is happening mentally, emotionally, physically.

We have two choices to get unstuck; (1) we can try to modify our behavior with external constraints or (2) we can have true lasting change by allowing God to change our hearts.

Your view of God will determine your relationship with God. You don't have to try to get God's approval, simply receive His love for you. We don't need to obey out of duty, God wants us to obey out of delight. Simply because we love him. Remember, you don't get your act together in order to get to God. You get to God, so you can get your act together. God wants to know us, and for us to know Him. Our focus shouldn't be on what we do, but on Jesus himself. God doesn't want religion – He wants relationship with you.

Scripture

- We were under great pressure, far beyond our ability to endure, so that we despaired even of life. Indeed, in our hearts we felt the sentence of death. 2 Corinthians 1:8-9
- This day I call the heavens and earth as witnesses against you that I have set before you, life and death, blessings and curses. Now choose life... Deuteronomy 30:19
- If you love me, you will obey me. John 14:15
- But God demonstrates his own love for us in this: While we were still sinners, Christ died for us. Romans 5:8

Discussion Question

- Talk about one thing that stood out to you in the message.
- Does your view of God keep you from him or cause you to draw closer to him?
- Was there a time, or do you currently, feel like you need to fake it or feel hopeless in an area of your life? Share.
- What area is God asking you to obey him in?
- What are some practical steps you can take to cultivate your relationship with Jesus?

Next Steps

What's one practical step you can take this week to move one step?

Spend time this week enjoying God through song, prayer and scripture. Create an environment to experience God by finding a quiet place where you can sing and pray out loud.

Leader Tip

Encourage transparency in your group by sharing which of these truths spoke the most to you this week. Share what you're walking through and how God is speaking to you in your current season.