

Small Group Questions: How Did I Get Here

Series: The Power of Routine

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Read

Mark 5:1-20; Ephesians 2:4-5; 2 Corinthians 5:17; Ephesians 2:10; Ecclesiastes 4:9-10

Reflect

Sometimes the decisions we make begin to take on a momentum of its own. Our pain then is the one dictating our lives and we slowly slip into bad habits, relationships, and/or addictions, living out an identity that wasn't made for us. This disconnection from our God-given identity leads to engaging in habits that appear to promise relief but only deliver more pain. So how do we break these cycles and create new, healthy routines? It begins by running to the one who can restore us completely.

Pastor Adam Martin encourages us with lessons from the story of the demon-possessed man being fully restored by Jesus in Mark chapter 5. By identifying what we are running from, what we are running toward, and who we are running with, we can establish routines that empower us to fully live the life God intended for us.

1. What are you running from?

- a. What identity have you settled on for yourself?
 - i. What pain(s) led you to believe this about yourself?
 - ii. What coping strategies have you developed to soothe your pain and your false identity?
- b. As a result of your false identity, what are some dead areas of your life that need to be restored?
 - i. How can your small group encourage you?

2. What are you running towards?

- a. What is keeping you from running towards God?
 - i. What are the lies you tell yourself about who God is?
- b. What other stories in the Bible can we turn to as encouragement of God desiring to know us and restore us completely?

3. Who are you running with?

- a. Jesus knows what we need most in this world, however, we sometimes think we know best. Talk about a time where you *thought* you knew what you needed but in turn it just led to more pain.
 - i. How did God show up for you during that time?
- b. Jesus knew the once demon-possessed, now fully restored man needed community and his community needed him. How can you use your pain to encourage those in your community?
 - i. What is keeping you from sharing your pain with others?

Respond: Where is God leading you? How can your small group support you?