

Week 8: The Everlasting God

Intro (10 min)

1. How did you experience joy this past week, particularly in the midst of hard situations?

Isaiah 40:27-31 (20 min)

27 Why do you say, O Jacob, and speak, O Israel, “My way is hidden from the Lord, and my right is disregarded by my God”? 28 Have you not known? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. 29 He gives power to the faint, and strengthens the powerless. 30 Even youths will faint and be weary, and the young will fall exhausted; 31 but those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.

1. What do you learn about God?
2. What do you learn about people?
3. What do we learn about holding pain?
4. What might God want to say to me through this passage about the hard situations I’m facing?

Celebrating Together (30 min)

1. Over the last 8 weeks, we’ve been focusing on how to engage pain. The hope through this series has been to give us space to be more present to our own pains, learn how to sit with others in their pain, and grow in going to God with these things both on our own or in community. We hope you’ve seen and experienced how it’s okay to acknowledge when things aren’t okay and you’re in pain, that you have a family/community that’s here for you, and that God meets us right where we are.
2. As we wrap up this curriculum series, let’s rejoice together about what we’ve experienced over these last 2 months:

- a. What were some of the highlights or key points that you want to hold on to?
- b. What have you learned about holding your own or other's pain?
- c. How has the way you think about or engage pain begun to change?

Small Group Time (30 min)

1. Have one person share at a time:
 - a. What do you think the last 2 months have meant for you?
 - b. What are you proud of yourself for or where do you feel like you've grown?
 - c. What has the rest of the group seen God do in each person?
 - d. How might you like prayer as we wrap up this season?
2. Wait on God and send each other out with affirmations and encouragements!

Final Weekly Exercise

1. Revisit and revise the lament you wrote last month (or write a new one). You might include these elements:
 - a. What is causing you pain right now? In what ways is the world not the way it's supposed to be?
 - b. What do you want God to know about this situation? What do you want him to do?
 - c. What do you know to be true about who God is, whether from Scripture or past experiences, and how does that affect how you might view your current situation?
2. Write this lament out on a piece of paper that you can then hang up somewhere to remind you to keep bringing your pain and laments to God.
3. Share your lament with your small group or lifegroup if you feel comfortable!