



Life Group Study Guide

A new normal. These past several weeks have forced us to adapt to new ways of doing things. Work. School. Even the way we do mundane tasks like getting groceries. And, in the weeks or months ahead, as stores and parks and schools reopen and social distancing is reduced and eventually eliminated, there will undoubtedly be yet another new normal to the way we live, relate, learn, play, and live.

But, what if it wasn't just a new normal, but a better normal? What if we take the lessons learned this spring and use them as a catalyst to living differently? By changing habits and adopting new ways of thinking, what if we could not just alter our routines but use them to strengthen our relationships, minds, bodies, finances, and everything in between?

Join The Water's Edge, beginning April 19th, as WE take a look at not just a new normal, but A New Better Normal.

Weomaha.com/Normal

Week 3: Out Of Control

Watch:

May 3, 2020 Sermon

Available on-demand on Facebook.com/WEOmaha,
YouTube.Com/WE Omaha and WEOmaha.com/normal

Read:

If you cling to your life, you will lose it; but if you give up your life for me, you will find it. -Matthew 10:39

So Jacob was left alone, and a man wrestled with him till daybreak. When the man saw that he could not overpower him, he touched the socket of Jacob's hip so that his hip was wrenched as he wrestled with the man. Then the man said, "Let me go, for it is daybreak."

But Jacob replied, "I will not let you go unless you bless me."

The man asked him, "What is your name?"

"Jacob," he answered.

Then the man said, "Your name will no longer be Jacob, but Israel, because you have struggled with God and with humans and have overcome."

Genesis 32:24-28

Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take. -Proverbs 3:5-6

Ask:

1. If you could have full control over one of these things, which would you choose and why? (Daily schedule, Kids, Spouse/Partner, career/life direction, finances, health, image, or something else?)
2. It feels like we've lost control over a lot of things lately. What is something you feel you've lost control of? What was your response to this loss of control?
3. Rate your desire for control in your life, 1 (no desire) to 10 (high desire). Does this number change based on the situation?
4. In Matthew 10:39, Jesus says, "*If you cling to your life, you will lose it; but if you give up your life for me, you will find it.*" What does this mean to you? What would it look like to live this out?
5. **Control is a result of being attached to a specific outcome – an outcome we're sure is the best one for us.** Have you ever been attached to a specific outcome but the actual result ended up being better for you?
6. Jacob tried to control the people in his life and ended up damaging his relationships. How have you seen control negatively impact relationships?
7. Jacob wrestled with God for control of his life (Gen. 32). Have you ever wrestled with God over a situation in your life? What was this experience like for you?
8. Proverbs 3:5 says, "*Trust in the Lord with all your heart; do not depend on your own understanding.*" How could you apply this to a situation or person in your life right now? What is something that you don't understand that you need to trust God with?
9. What is something you're trying to control in your life right now? How would you answer these three questions?
 - a. Does this concern me?
 - b. Do I have any real control over this?

c. Can God be trusted with this?

10. What is one step you can take this week to let go of control and trust in God? Who can help you take this next step?