

MESSAGE DISCUSSION QUESTIONS

JAN 10, 2021 // BREATHING UNDERWATER



TIME TO RETREAT

Senior Pastor Marty Grubbs kicked off the new series *Breathing Under Water*. The New Year is the perfect time to take a personal inventory, ask God to search your heart, attitudes, actions and to address them, and change direction. Perhaps you feel like you are losing your breath, holding your breath, maybe even drowning. You may have tried and failed to make the change necessary to breathe again. The truth is you can't do it on your own. Only with God's help can you find the strength necessary to acknowledge what you struggle with, to be made well, and find the healing you crave. Only God can make you whole. This is the first step into that place of healing.

SCRIPTURE

I have discovered this principle of life—that when I want to do what is right, I inevitably do what is wrong. I love God's law with all my heart. But there is another power within me that is at war with my mind. This power makes me a slave to the sin that is still within me. Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death? Thank God! The answer is in Jesus Christ our Lord. – Romans 7:21-25

Afterward Jesus returned to Jerusalem for one of the Jewish holy days. Inside the city, near the Sheep Gate, was the pool of Bethesda, with five covered porches. Crowds of sick people—blind, lame, or paralyzed—lay on the porches. One of the men lying there had been sick for thirty-eight years. When Jesus saw him and knew he had been ill for a long time, he asked him, "Would you like to get well?"

"I can't, sir," the sick man said, "for I have no one to put me into the pool when the water bubbles up. Someone else always gets there ahead of me."

Jesus told him, "Stand up, pick up your mat, and walk!"

Instantly, the man was healed! He rolled up his sleeping mat and began walking! – John 7:1-9

So now there is no condemnation for those who belong to Christ Jesus. And because you belong to him, the power of the life-giving Spirit has freed you from the power of sin that leads to death. – Romans 8:1-2

DISCUSSION QUESTIONS

1. What stood out to you from Marty's message?
2. Read Romans 7:21-25. What struggle does Paul describe? What is the source of that struggle?
3. How have you experienced this struggle in your own life? (If you are not comfortable discussing this in

your group, journal about it later, and just acknowledge you have struggled).

4. Read John 7:1-9. The backstory to this pool of Bethesda is that an angel would stir the water occasionally, and the first person into the pool while the water stirred would be healed. What exchange happened between Jesus and the paralyzed man?
5. Would you like to get well? (Let this question dwell in your heart this week.)
6. Read Romans 8:1-2. Where can you find the help you need to be made well? What is the good news about your current and future state of being?
7. How can we pray for you?

PRAYER

Pray to your Heavenly Father to search your heart and reveal those things that live in you that are separating you from him. Acknowledge and agree with God that you need to change direction, to repent, and ask him to help you. Praise him for coming to save you from condemnation, for his nature of forgiveness, mercy and grace.

RESCUE by Lauren Daigle

You are not hidden
There's never been a moment
You were forgotten
You are not hopeless
Though you have been broken
Your innocence stolen

I hear you whisper underneath your breath
I hear your SOS, your SOS

I will send out an army to find you
In the middle of the darkest night
It's true, I will rescue you

There is no distance
That cannot be covered
Over and over
You're not defenseless
I'll be your shelter
I'll be your armor

I hear you whisper underneath your breath
I hear your SOS, your SOS

I will send out an army to find you
In the middle of the darkest night
It's true, I will rescue you
I will never stop marching to reach you
In the middle of the hardest fight
It's true, I will rescue you

I hear the whisper underneath your breath
I hear you whisper, you have nothing left

I will send out an army to find you
In the middle of the darkest night
It's true, I will rescue you
I will never stop marching to reach you
In the middle of the hardest fight
It's true, I will rescue you

Oh, I will rescue you