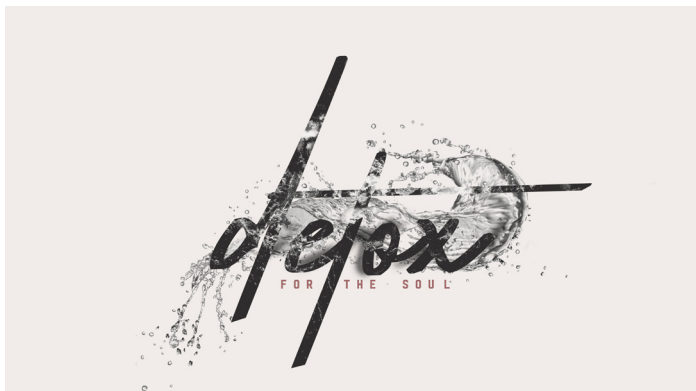




LH Groups exist to fulfill the mission of the church to Reach the Lost & Make Disciples. We do this primarily through Connecting People & Strengthening their Faith.

Connecting People - You shouldn't have to do life alone. We were made to connect, and we want to connect you to Jesus, and to others on the same path as you.

Strengthening Faith - It's ok to not be ok, we just can't stay there. We want to create opportunities for you to step out in faith in pursuit of Jesus and His will for your life.

STORIES

We love stories of how Jesus is changing lives through Groups! If you have a story of Jesus working in your or your group send it to us at groups@lighthouse.church.

UPCOMING EVENTS

March 22-23 - All for Love Ladies Conference.

Feb. 23-24 - RightNow Media Launch. The church is providing a brand new resource for all LH attendees called RightNow Media.

RightNow is an online video library of thousands of Bible Studies, Devotionals, Leadership Trainings, and Kids Programs. This coming weekend you will receive an email invitation to join this free service and enjoy all of the content on your computer, mobile device, streaming service or Roku. Keep an eye out for this awesome new tool for growing closer to Jesus!

DETOX Week 1 - The Restless Soul

ICEBREAKER

What's the most relaxing vacation you've ever had? What made your vacation so relaxing?

RECAP

Genesis 2:7 / Genesis 4:11 / Ecclesiastes 2:22-23

Psalms 62:1 / Matthew 11:28-29

BE STILL BEFORE GOD

Psalms 46:10 / Psalm 131:2

WAIT FOR GOD

Psalms 37:7 / Psalm 130:5-6

ENJOY GOD'S GOODNESS

Psalm 116:7-9

GROUP QUESTIONS

Read Genesis 4:11-12 and Ecclesiastes 2:22-23.

How restless is your soul? What do you think may be causing your restlessness?

The restless soul is searching but never finding. What things is your soul currently searching for?

Read Psalms 62:1 and Matthew 11:28-29.

What's keeping you from finding rest for your soul in God?

What steps will you take to find rest for your soul in God?

Read Psalms 46:10 and Psalms 130:4-5

What do you think it means to "Be still, and know that I am God"?

We find rest in God when we wait for Him. What are you waiting for God to do? How patient are you being?

We find rest in God by reflecting on God's goodness. What are some ways you've experienced God's goodness?

MEMORY VERSE

Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. "

Matthew 11:28-29