



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.

RightNow Media. 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. To get this free resource for yourself, visit lighthouse.church/upcoming and click the link there to create your free account and start growing today!

DETOX Week 2 - The Heavy Soul

ICEBREAKER

What is the heaviest object you've ever had to carry, or what object have you had to carry the furthest?

RECAP

Psalm 42:5

HEAVY WITH HURTS FROM THE PAST

Lamentations 3:19-20

HEAVY WITH TROUBLE IN THE PRESENT

Job 4:5

HEAVY WITH ANXIETY ABOUT THE FUTURE

Mark 14:33-34 / Isaiah 61:3

REMEMBER GOD'S FAITHFULNESS IN THE PAST

Lamentations 3:19-23

CRY OUT TO GOD IN THE PRESENT

Psalm 142:2 & 5-6

TRUST IN GOD'S POWER FOR YOUR FUTURE

Matthew 6:30-34 MSG

GROUP QUESTIONS

Read Lamentations 3:17-20

- To what does the writer of this passage attribute his heaviness of soul?
- Why do you think so many people struggle with heavy souls?
- What hurts from your past are causing your soul to be heavy? What's keeping you from overcoming these hurts?
- What troubles are you currently dealing with that are contributing to your heavy soul?
- How has the busyness of your life contributed to your heavy soul?

Read Lamentations 3:17-23

- To overcome the hurts from your past, you need to remember God's faithfulness. What are some ways you've experienced God's faithfulness in your past?
- Describe a time when you cried out to God during a difficult time. How did God respond and what did you learn about Him from your experience?

Read Psalms 142:2-5

- What does it mean for the Lord to be our refuge and our portion?
- What's keeping you from placing your full trust in God for the future?
- What steps will you take to fully trust in God?

MEMORY VERSE

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.

1 Peter 5:6-7