



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 you or your group send it to us at groups@lighthouse.church.

UPCOMING

Prayer & Care

Visit <https://lighthouse.church/coronaresponse/> for ways you can Get Help and Give Help during this season!

Outreach

Head to <https://groupleaders.lighthouse.church/outreach> for info on how you can choose a partnership and make a difference this semester!

Then and Now No More Stress

GROUP QUESTIONS

Read Proverbs 17:24

- Share of a time that you've been pulled in multiple directions or found yourself stressed.

Which of the signs of stress Sammy mentioned can you identify in your own life?

- My Resistance Is Lower - Luke 21:34
- My Emotions Are Inconsistent - James 1:5-6
- My Productivity Suffers - Proverbs 21:5
- My Life Loses Meaning - Psalm 39:6
- My Relationship With God Seems Distant - Jeremiah 6:16

Read Psalm 39:4-5 & Matthew 13:44

- Why is it important to remember that our days are numbered?
- What is our purpose, and why should it be worth so much to us?

Read Matthew 6:33 & Psalm 90:1

- What is the Kingdom of heaven?
- How can we seek it first?
- What steps could you take to rearrange your life for following Jesus to not just be another item on the list of things to do, but rather the central theme and purpose of everything you do?

Read 2 Corinthians 4:16-18 & John 14:1-2

- How does it help to view your circumstance as light and momentary compared to the glory of what awaits us with Jesus in heaven?
- What could you do to have a more heavenly perspective each day?

MEMORY VERSE

If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.

- James 1:5