

Christmas is... COMING

December 2, 2018

Scripture:

Isaiah 40, Hosea 6:3, Matthew 1

Last Week:

Andy closed our series, Whats Your Problem? This series we talked: Politics, Time, People, and Depression. Andy shared that the number one health problem in our country is Depression. Yet, even though it is so widespread, mental illnesses have a stigma. As a result, we stay hidden in shame. As followers of Jesus, we want to be able to create a culture of safety where we can be real with one another. That others know, that it is ok to not be ok. Andy shared with us the four common contributors to depression...

- Being wore out
- Shutting people out
- Focusing on the negative
- Forgetting the faithfulness of God

In which of the four areas did you take a step this past week to prevent depression from taking a stronger hold of your life?

Introduction:

This week, we kicked our next series titled: Christmas is... Andy started the series by sharing that Christmas is...Coming!!! The fact that Christmas is coming means we need to get prepared. This season is known as Advent. Advent can be described as Advent = Anticipation + Preparation. At Christmas, we celebrate the the coming of the Savior, but for hundreds of years before that the people had been in a state of advent. Waiting for the coming of Jesus. This Christmas season, we need to get prepared all over the for the coming of Jesus in our lives.

Icebreaker:

What was the most exciting news you ever received? Why was it so welcome?

What is the farthest distance you have ever run or walked? How did you feel at the end?

Digging Deeper:

What stood out to you this week from the message?

Andy asked us to wrestle with the question... Am I ready for the arrival? What was your process for thinking about it? What did you come up with?

Read Isaiah 40:1-5 (a couple of times together, even in multiple translations if you have them)

What is happening at this point?

v.3 describes a voice crying out...What is the voice crying out about?

What direction does the voice give for the people?

Is this something that is just for people a long time ago or do we still need this direction?

How would we "prepare the way"?

v.4 identifies three different physical terrains that we can parallel to our emotional terrains.

How do you handle your valley (unexpected loss, news, circumstance)?

How do you handle your mountain (pressure that is building)?

How do you handle your rough ground (anger, bitterness, envy)?

v.5 if these three things are dealt with, what will be the result?

How can other people in this group, help me see the glory of the Lord revealed this season?

