

Life Group Discussion Guide

Bubble of Illusion

March 29

LEADER NOTES

Most of our Life Groups have had their first online gathering by now, and we are settling into a new normal for the next several weeks. For the first several meetings, it is vital that your group has space to share their experiences from the past few weeks. Keep discussion focused on story rather than news. This means that the focus should be on the individuals and families in your group rather than the latest headlines.

We have paused the Book of John series for this season. Pastor Jeremy will be preaching week-to-week. This week he focused on processing grief in a season of loss. Be sensitive to the topic, and also aware that some from your group have been waiting for a chance to speak with others about what is going on in their lives.

QUICK REVIEW

Looking back at your notes from this week's teaching, was there anything you heard for the first time, caught your attention, challenged you, or confused you?

THIS WEEK'S TEXT

Psalm 137 (NLT)

- Beside the rivers of Babylon, we sat and wept
as we thought of Jerusalem.*
- ² *We put away our harps,
hanging them on the branches of poplar trees.*
- ³ *For our captors demanded a song from us.
Our tormentors insisted on a joyful hymn:
"Sing us one of those songs of Jerusalem!"*
- ⁴ *But how can we sing the songs of the Lord
while in a pagan land?*
- ⁵ *If I forget you, O Jerusalem,
let my right hand forget how to play the harp.*
- ⁶ *May my tongue stick to the roof of my mouth
if I fail to remember you,
if I don't make Jerusalem my greatest joy.*
- ⁷ *O Lord, remember what the Edomites did
on the day the armies of Babylon captured Jerusalem.
"Destroy it!" they yelled.
"Level it to the ground!"*
- ⁸ *O Babylon, you will be destroyed.
Happy is the one who pays you back
for what you have done to us.*

⁹ *Happy is the one who takes your babies
and smashes them against the rocks!*

LOOK UP

As you read through Psalm 137, which verses resonate with you personally in this season?

LOOK AROUND

How has your family/community dynamic changed this week with the latest restrictions on leaving home?

What is one realization you've had about yourself, your family, or your community in this season of social distancing?

When experiencing loss, do you tend to process grief fully or try to move on quickly?

LOOK AHEAD

What losses are you currently grieving (routine, job, health, friends, etc.)?

In the extra time that you may find yourself with in this season, what steps could you take to process that grief?

PRAYER