



Matthew 16:13-23; Luke 22:31-32

1. Shifting

Reducing our pace of life gives us the opportunity to recalibrate our personal life.

Matthew 16:23 (NLT)

2. Sifting

A foundation built on what is comfortable will crumble, but a foundation built on what is eternal will endure.

Luke 22:32

3. Lifting

John 12:24-25

**All scriptures are from NIV unless otherwise noted*

Small Group Outline & Discussion Questions

Celebrate and Care:

Have each person share a high and low from this past week.

Review:

God reveals himself clearly while removing our comforts so that we can stand firm in a shifting world.

Open Up:

What's the best, or funniest, meme you have seen in the midst of this all?

Discuss:

Choose one or two questions for your group to discuss as time allows.

- ▶ Are you most grateful for access to soap, running water, internet, or lower gas prices during this time?
- ▶ What is one tip for downshifting you have found helpful in this season?
- ▶ Which do you see most in your personal tree of life at this time — your roots growing or your branches reaching out?
- ▶ What is one memory you have made, or could make, at home in this season that you will cherish?

Engage:

Spend 1-2 minutes in silence with these questions then share your thoughts.

Pastor Matt said the moment to downshift is when you need more power to go up an incline or pull out of the snow or mud.

On a scale of 1-10, how is your downshifting going?

What would it take to recalibrate and raise your score?

God the Father wants to reveal himself to us. How do you need to experience him during this time: as Provider, Wise Counselor, Prince of Peace, or something else?

Pray:

Pray that we would experience God as whatever we identified as our need.