
Growth Group Homework

For the week of March 1 – March 7, 2020

GETTING TO KNOW YOU

1. Where would you like to be five years from today? Doing what?
2. Who is one person who has encouraged you greatly in your life? How did this person encourage you?

GOING DEEPER (used from the book, "Ultimate Reliance" by Sue Nelson Kibbey, 2019)

1. Read Psalm 61:1-2

Q. What do you hear from what David cried out to God?

- "History suggests David might have had enemies in hot pursuit. Or maybe he had taken a path through the hills that he believed would cut an hour off his travel time to the destination, never dreaming of the humanly impassible crags that lay ahead."

Q. What has been an occasion (by choice or by circumstances) that you attempted any time of new challenge that was beyond your prior experience or out of your comfort zone? What equipment, supplies, or skills did you wish you would have had, but did not?

2. Upsurge Breakthrough Prayer practice is to aim at your longing for God to mature you further, whatever it takes. (p.4)

Q. What are common distractions to embracing fully an Upsurge Prayer practice?

- One is the counterproductive habit of **complaining**.

"Getting others to sympathize and validate your complaints will not help you grow strong. In fact, it's impossible to complain your way into spiritual fruitfulness. Would others say that your "solution" to challenge is to complain as often as you can about it? If yes, how effective has that solution been for you?"

- Another related Upsurge Breakthrough Prayer practice distraction is perceiving yourself always as the **victim**.

"As long as you are always looking for the villainous reasons and circumstances that you can claim as reasons to prevent you from spiritual upsurge, they certainly will. However, recasting yourself through this particular breakthrough prayer practice can help you realize that in Christ's power you are instead the victor, anticipating with confidence what God is going to do next or how God will show up in every storyline that unfolds."

Q. Then, name, in a few words, what you have become aware you will need to lay down or let go (excess "baggage") to become more agile and spiritually adept to reach the Master's helpful hand.

3. Upsurge Prayer Handholds (Prayer-holds)

"Upsurge Prayer is a one-sentence (or one-word) breakthrough prayer practice that you can use in moments or seasons when you (and or your team) find yourself embarking into –or in the midst of– a new segment of your spiritual path that requires you to learn and grow to rely on God's presence and resources, as well as on yourself, in enlarged ways. Ask God for miraculous

resourcing beyond yourself for the accomplishment of reaching the next summit. It may also expose the personal specifics of disabling “baggage” hindering your upward climb.”

TAKING IT HOME (Application)

1. Finally, finish with the one-sentence Upsurge Breakthrough Prayer practice of the heart you intend to practice in the days to come, or your own-word prayer-hold.

Prayer Requests: Share prayer requests and respond appropriately.



Growth Group Community Service Project

We ask every group to take on at least one service project a year (the ideal is two) and to have at least one social gathering (potluck) per half a year. Please consider with your group members of what community service you'd like to participate in. There is a project list made by our church that you can join in and outside the church.

Reference

- Sue Nelson Kibbey, *Ultimate Reliance*, Abingdon Press, Nashville, 2019