



UPON
THIS
ROCK

CAST ALL YOUR ANXIETIES ON HIM

CATCH UP ON LIFE:

This is when we update each other on the things that Jesus has been up to in our lives since we last saw each other. As church family, we care about each other's lives: what we're celebrating, what we're mourning, what decisions we are praying through, and everything in between. (1 Thessalonians 2:8, Romans 12:10 and 15)

Suggested time: 20-30 minutes

- When were you most aware of Jesus' presence this week?
- When were you least aware of Jesus' presence this week?

For LifeGroup training resources check out MidtownLifeGroups.com

REVIEW THE MISSION:

Just like God the Father sent Jesus on a mission of reconciliation for us, Jesus sends us out as ambassadors of His reconciliation. We are called to make disciples wherever we go because Jesus changes everything. (John 20:21 and 2 Corinthians 5:18-20)

Suggested time: 10-20 minutes

1. People:

- **Reactive** - Who in your life (family, coworkers, etc.) can we join you in praying for? Who has God put around you that is showing spiritual interest? Who is hurting and could use some love from our group?
- **Proactive** - Who are the people we are intentionally living on mission with (neighbors, STC partner organizations, or a specific demographic in Columbia)? What are our upcoming plans to love, serve, and build relationships with this group?

2. Plan: Are there any rhythms already planned, or an extra rhythm we could plan to create a way for these friends to connect with our group?

Pray: *Prayer is the fuel of God's mission. Let's pray for our people by name; pray for their needs, and opportunities to have spiritual conversations that help them take next steps toward Jesus.*

SERMON DISCUSSION:

God uses His Word to reveal Himself to us, equip us to live the good life He's designed for us, show us our sin, and strengthen us as we follow Him. We preach the Word on Sundays and apply it as a LifeGroup throughout the week. (2 Timothy 3:16-17, Colossians 1:9-12 and James 1:22-25)

Suggested Time: 20-40 minutes

For tools and resources to grow in your walk with Jesus, go to FollowingJesusTogether.com

I. Scripture Discussion

Primary Passages: 1 Peter 5:6-11, John 21:1-7, 15-17, & 1 Peter 1:3

Read **1 Peter 5:6-11**, **John 21:1-7, 15-17**, and **1 Peter 1:3** out loud. Spend some time silently reflecting and journaling the following questions as a LifeGroup. (These questions can be used with any passage of the Bible to study on your own.)

- What stands out from the passage?
- What does the passage reveal to us about God?
- What does the passage reveal to us about people?

Share with one another what you thought and wrote about.

II. Sermon Discussion

What stood out to you from the sermon? Why is that?

In the sermon, we said there is no such thing as an uncast care. What areas in your life do you have anxieties and worries? Outside of God, where/who do you “cast your cares” onto? What does that look like?

In the sermon, we said we’re commanded to cast our cares onto God because ultimately only He has the power to do something about it. Practically, what does it look like to cast your cares onto God? Are there specific times of day when you can remind yourself to go to Him?

If you haven’t yet, in your LifeGroup watch this [video](#).

As the video said, we’ll do a couple of things for this series to help us in our spiritual formation. The first is to memorize **1 Peter 5:6-11**. In LifeGroups, we’ll tackle one verse at a time each week. Have someone in the group read the verse aloud right now.

Go around reciting 1 Peter 5:6 from memory.

Series Practices:



Our homework is to memorize 1 Peter 5:7 by this time next week.

Second, we’re asking everyone to focus on one of the five spiritual practices below. Which of the five practices would you like to grow in? In the next week, what will that look like? Next week we’ll check in and see how we’re all doing. (For resources, go to FollowingJesusTogether.com)

If you started one of these practices in the last week, how is it going? How have you seen the Lord at work in your life since committing to this practice?

[Meditation/Abiding](#)
[Journaling](#)
[Serving](#)

[Community](#)
[Gratitude](#)

ENGAGE THE HEART:

Jesus calls us to walk in the light, confessing our sins to God and each other. God’s Spirit works through confession and community to lead us to repentance. (Romans 3:23-24, James 5:16 and 1 John 1:5-10)

Suggested Time: 20-40 minutes

What has Jesus been teaching you this week through abiding with Him (Bible reading and prayer)?

What sin(s) do you need to confess to God? What are you struggling to trust Jesus with this week? How can you give Him control of it?

Where have you seen victory over sin in the last week? Where have you been encouraged in your walk with Jesus in the last week?

Pray: *James tells us that a community that regularly confesses sin and prays for each other will see a lot of healing. Confess your sins to God in prayer and pray for each other. **Pray** for the Spirit to work in you as you take steps of repentance.*