

YOU CAN DO THIS

TALK IT OVER

You Can Be Restored

Pastor Andy Wood

September 21-22, 2024

If you would like to watch the weekend message, visit www.saddleback.com/watch.

Open your group in prayer and remember that this is only a guide. Feel free to discuss each of the provided questions, or simply dive deeper into just one. Before you close with prayer, take a few minutes to look over the Three Essential Questions toward the end of the document.

Scriptures Used

Psalm 23, Psalm 51:11, Psalm 56:13, 1 Corinthians 10:12, Psalm 51:17, Hebrews 12:7-11, John 10:10, 1 Peter 5:7

Questions:

1. Have you ever felt like a cast sheep, flipped upside down, feeling stuck, helpless, or in danger? Share your experience with the group.
2. Psalm 56:13 (NLT) says, "For you have rescued me from death; you have kept my feet from slipping. So now I can walk in your presence, O God, in your life-giving light." Psalm 23:3a (NIV84) says, "he restores my soul." God is both a rescuer and a restorer. What is the difference between being rescued and being restored? What is the danger of remaining in a rescued state without moving towards healing restoration? Why do we tend to be resistant to the restoration process for ourselves? Discuss what the restoration process looked like for you?
3. Pastor Andy says there are three lies that we believe that keep us stuck. The first lie is "I don't need to be restored." 1 Corinthians 10:12 (NIV) says, "So, if you think you are standing firm, be careful that you don't fall!" Often when we seem to be flourishing, we unexpectedly stumble or find ourselves in a frustrated cycle. Is there an area of your life that you are denying is a problem? If so, what is it?
4. Read aloud Psalm 51:17 (NLT), "The sacrifice you desire is a broken spirit. You will not reject a broken and repentant heart, O God." What does the psalmist mean by "broken spirit" and why

does God desire this from us? Discuss an area of your life where you most need restoration. What steps can you take to release it to God and allow him to begin to restore you?

5. The second lie that keeps us stuck is “It’s too painful and not worth it.” Hebrews 12:11 (NIV) says, “No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.” How does God’s discipline work? If you leave every time it gets hard, you’ll never be transformed into the person God wants you to be. What hard thing are you running from or trying to go around that you need to walk through? What steps can you take towards healing?
6. The third lie that keeps us stuck is “God can’t do it for me.” John 10:10 (ESV) says, “The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.” What problem in your life do you believe God can fix for other people but not you? (A hardened heart, missing joy, broken family, health, lost years? Something else?)
7. 1 Peter 5:7 (NIV) says, “Cast all your anxiety on him because he cares for you.” How does this passage change the way you view your hardships in order to receive his personal care for you? Do you believe God is for you and that he can restore you? Why or why not? What steps can you take this week to move towards God’s restoration process for your life?

Three Essential Questions

The following questions are intended to be open-ended and encourage members to consider how they felt and what they, or the group, can do as a result of hearing the message.

1. **What did you hear?** *What point in this message was most impactful for you?*
2. **What do you think?** *How did this message challenge, change, or affirm your thinking?*
3. **What will you do?** *How will you or your group put into practice what you've learned today?*

Small Group Action Steps

1. Consider taking the Group Health Assessment in your small group. This assessment will help you see how your small group is balancing the five purposes and will give you suggested next steps for each purpose. Click here to take the Group Health Assessment:

<https://saddleback.com/connect/smallgroups#spiritualCheckup>

2. Did you know that Saddleback produces many new small group studies each year? Visit <https://saddleback.com/studies> to check out Saddleback’s ever-growing library of small group curricula.