



LIFE GROUP GUIDE

CONNECT • GROW • SHARE • PRACTICE

What's Happening: [Summerpalooza \(VBS\) Registration Open](#), [Serve at Summerpalooza](#), [Cultivate](#), [Child Dedication Class](#), [Local Serve Opportunities](#)

Resources: [100 Common Struggles](#), [The Power of Confession in Your Small Group](#), [Walk the War Before You: What It Means to Live by the Spirit](#), [A Spirit-Led Life is a Sin-Killing Life](#)

Connect (30 Mins):

- As our church continues to grow, there is an increasing need for more Life Groups to create space for those seeking community. For the members of the group who are interested in leading, would you prayerfully consider leading a group in the Fall? For more info on this, feel free to reach out to us at lifegroups@thewellcommunity.org.
- Summer is coming fast! Spend time with your group talking through what your plans are for the group over the Summer.

Discuss (30 Mins):

- What observations/questions/reflections did you have?
- There are certain times in life when it feels like the waves don't stop crashing on you. Like David, we can grow tired, weary, and/or spiritually worn down. In those seasons, how do you notice it affecting your thoughts, reactions, and the way you treat others?
- When Nabal disrespects David, his reaction is immediate and intense. When you feel overlooked or treated unfairly, what tends to rise up in you?
- Abigail steps in at a critical moment and speaks truth that keeps David from making a decision he would regret. Who in your life has been willing to step in and speak honestly to you when you needed it most?
Follow up: How open are you to receiving feedback and correction from godly counsel in your life?

For Further Study:

- Romans 7:14–25, Romans 8:1–13, Galatians 3:1-3, Galatians 5:16–24, Philippians 2:12, James 5:16

Apply (30 Mins): Experiencing Ongoing Freedom - Confession

Split up between men and women as needed

Oftentimes there are obvious and even subtle signs in our lives that give warning of a greater problem within us. They are like the warning lights on the dashboard of a car that signal something is wrong.

David's two "check engine lights" in this text were his anger and women, namely the multiple wives he takes on. We can see that he is making decisions in his flesh. Take some time to discuss your own dashboard lights by answering the following questions together:

- **Do you know your own "check engine lights"? If so, what are they?**

We have a choice to ignore them or address them. **Read 1 John 1:5-9, James 5:16, and Galatians 5:16-21** together. Then, have one person pray for your time before you begin a time of confession, specifically praying for discernment in what to share and boldness to share it.

Take this opportunity to step out in faith and confess to one another. Healing is found in honesty. You may feel led to share a struggle you've never shared, or something to keep bringing into the light. This is not about pressure, but about being honest and willing before the Lord, allowing Him to do the work only He can do by His Spirit. Learn to walk with him.

- **What came to mind during this time that you feel led to share with the group?**

Continue to check in with one another intentionally over the week in this.

Next Week's passage: 1 Samuel 27 & 29