

## ALL-KNOWING

**You saw me before I was born.  
Every day of my life was recorded in your book.  
Every moment was laid out  
Before a single day had passed.  
- Psalm 139**

This week you'll need:

- Paper and a pen for each group member

### CONNECT

Go around the group and make sure everyone gets to answer at least one of the following questions:

- What do you want to achieve this year?
- If you could interview someone famous who would you interview and what is the first thing you would ask them?
- Have you ever given away something you really loved? Why did you give it away and who did you give it to?
- What is one thing about you that makes you a good friend?
- If you could have any prayer answered in this coming week what would it be?

### INVOLVE

Hand a piece of paper and pen (or pencils) to each person. Explain that this series is about understanding what God is like.

Allow 6-10 minutes for each person to draw a picture of how they see themselves and God interacting with each other.

Once they are finished, have each person share about their drawing. If someone struggles to know what to say, prompt them with questions like:

- What is being shown by the way you have drawn God?
- What is the significance of the distance (or lack of distance) between you and God in the picture?
- Is there anything about the picture that you wish was different?

Ask a volunteer to pray that every member of the group would grow in their relationship with God over the coming weeks.

### DISCUSS

Have the group read Psalm 139:1-16 out loud.



## WHO IS GOD?



## ALL-KNOWING

### NEW CHRISTIANS

- What is something you've made? Did you know something about it that no-one else knew?
- Who is the person in your life who knows more about you than anyone else? What are the good things about having someone know you that well?
- What are some of the things you think people wouldn't want God to know about?
- Have you ever wanted to run from God, hide from God or avoid him? What happened?
- Which verse means the most to you at the moment?

### ESTABLISHED CHRISTIANS

- What verses stand out to you from the passage we just read?
- How does this Psalm make you feel?
- If someone was to publicly play a movie of your life, are there scenes you would want left out? How does it feel to know that God has seen every minute of your life?
- Verse 4 says "you know what I am going to say even before I say it, Lord". If God knows what we will say, why do we need to pray?
- Why would God allow us to exercise free will if he knows what is best for us?
- Verse 13 says that God "made all the delicate, inner parts of my body". Does that mean that God intended some people to be born with disabilities?

### APPLY

Ask your group to share one thing that they will do this week based on today's discussion.

AND/OR

Challenge your group to get to know what God knows and says about them. Ask them to take some time out this week to sit down with paper, pen and a Bible and ask God to reveal something of how he feels about them, their potential and their purpose.

Your group might find it helpful to do this in pairs.

### LEADER'S NOTES

- Create a helpful atmosphere before people arrive – put some music on, have a few snacks available, have something for people to do when they arrive.
- Make sure you keep the drawings everyone does during the 'involve' section safe. You'll need to have them with you for week 5.



## COMFORTER

**God is our refuge and strength,  
Always ready to help in times of trouble.  
- Psalm 46**

This week you'll need:

- Paper and a pen for each group member

### CONNECT

Go around the circle and give everyone a chance to answer your choice of the following questions:

- If you had to describe your personality in three words, which words would you use?
- If you could be a character in a real life version of any movie, which movie would you choose and why?
- What's one thing you have done to help someone lately?
- Are you a scruncher or a folder?

### DISCUSS

Have someone from your group read Psalm 46 out loud.

### QUESTIONS FOR NEW CHRISTIANS

- Which line stands out to you the most? Why?
- Have you ever had a time where you experienced God as your 'refuge' (hiding place)? What happened?
- Look at v7 and v11. How does it make you feel to know that God is always with us?
- Verse 2 describes chaos and disaster. What is your instinct when disaster strikes? Do you turn towards God or away from him?
- Psalm 46:10 says that we should "be still and know that he is God". What are the benefits of doing this when we face hard times? What would this look like for you in practice?



### WHO IS GOD?



## COMFORTER

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### QUESTIONS FOR ESTABLISHED CHRISTIANS

- Which line within this Psalm do you relate to most? Why?
- Tell us about one occasion when you experienced God helping or comforting you.
- When we face troubles and people from church comfort us is that the same as God comforting us?
- Look at v7 and v11. If God is always with us why do you think we sometimes struggle to feel him near?
- What do you think it means to be still and know that he is God? Have you ever applied this in your own life? What happened?

### INVOLVE

Invite each person in the group to share about one situation they are currently facing where they are in need of comfort or strength from God.

After each person shares, have someone else in the group pray about the particular situation their friend is facing.

### APPLY

Ask your group to share one thing that they will do this week based on today's discussion.

AND/OR

Spend some time meditating on and memorising Psalm 46:1-2.

### LEADER'S NOTES

- Are there any other young people in your church who you'd like to see join the group? Ask some group members to invite them during the week.
- Is anyone missing from your group tonight? Don't forget to ask for volunteers to follow them up!

## GOD IS LOVE

**God is love, and all who live in love live in God, and God lives in them. And as we live in God, our love grows more perfect.**

**- 1 John 4**

This week you'll need:

- 2 sheets of paper and a pen for each person

### CONNECT

Go around the circle and give everyone a chance to answer your choice of the following questions.

- What has been the highlight of your week?
- What are you looking forward to doing in the next few weeks?
- What is your favourite scene from a movie?
- Who performed at the first live concert you ever went to?
- What is the most cringe-worthy pick up line you have ever heard?

### DISCUSS

Have someone from your group read 1 John 4:7-18 out loud.

This is a fairly complicated passage so it is probably worth hearing it a few times and from a few different translations.

#### QUESTIONS FOR NEW CHRISTIANS

- This verse says that God = love. What do you think that means?
- Which verse stands out to you the most? Why?
- Read verses 9 and 10. How does it make you feel that God would go to those lengths for us? What do you think his motivation was?
- Can you think of any movies that display a similar sort of love to what God has shown for us? (i.e. Jake Sully giving his life to save the Na'vi in Avatar.) What sets God (and his actions) apart from these stories? What's the difference?
- Based on these verses what should we do if we feel hatred towards someone?
- What impression of God's love do you think people who have from looking at your church/life group?

#### QUESTIONS FOR ESTABLISHED CHRISTIANS

- How would you summarise these verses in one sentence?
- What stands out to you most in this passage?
- Verse 17 says "as we live in God, our love becomes more perfect". In what ways have loving thoughts and behaviours grown in you as you have drawn closer to God?



### WHO IS GOD?

**Life.**



## GOD IS LOVE

- Verse 12 says that if we love each other God's love has been brought to full expression through us. What do you think this would look like in our lives?
- Who is the person you have felt most loved by in your life? In what ways have they loved you sacrificially?
- When do you remember feeling God's love most powerfully?
- "Perfect love expels all fear" (v18). How can love drive out fear? Have you conquered any fears by experiencing love? How did this happen?

### INVOLVE

On one piece of paper make a list of ways God has chosen to express his love to you. Allow 5 minutes.

Now make a list of possible ways a person can express love to God e.g. Sing, dance, paint, use your gifts, forgive others, care for the needy (whatever you do for the least of these, you do for me), pray, reflect on his beauty etc.

God keeps stressing in 1 John that we should love each other. What project can you do as a life group that will reveal love for each other and for others? When will you do this? Make a plan together.

### APPLY

Ask your group to share one thing that they will do this week based on today's discussion.

AND/OR

Have a look at the list you have made of ways to love God and show love to others. How many of these things do you do to love God? Do you find you keep doing the same one or two things? Choose something this week that does not come naturally to you and commit to loving God that way in the next few days. Tell the group which you chose and ask someone in your life group to text you a reminder.

### LEADER'S NOTES

- Include prayer as a part of your night. Maybe ask someone to open and someone else to close in prayer?
- Don't forget to set aside some time to ENJOY – have supper, play a game, or just chill



## POWERFUL

**He heals the brokenhearted  
And bandages their wounds.  
He counts the stars  
And calls them all by name.  
How great is our Lord! His power is absolute!  
His understanding is beyond comprehension!  
- Psalm 147**

### CONNECT

Go around the circle and give everyone a chance to answer your choice of the following questions.

- Who do you think is the most powerful person in the world?
- If you could have one type of music completely banned, which would you choose?
- What's one thing about you that most people don't know?
- If you could describe your life at the moment in one word, what would it be and why?

### DISCUSS

Read Psalm 147. You might find it helpful to use the Message paraphrase.

#### QUESTIONS FOR NEW CHRISTIANS

- What are the things that are said about God in this Psalm that are not true of any human being?
- In your own words, how would you describe the God that is talked about in these verses?
- What's your earliest memory? How does it make you feel to know that God can remember back to before the world existed?
- What part of the Lord's creation do you think is the coolest? Which part blows your mind the most or is your favourite?
- If you were God – with all the power and authority in the world – what do you think you would do differently? (If your group has seen the movie Bruce Almighty maybe ask what they remember Jim Carey's character learning).



WHO IS GOD?



## POWERFUL

### QUESTIONS FOR ESTABLISHED CHRISTIANS

- What stands out to you most in this passage?
- Do you think you tend to think of God as full of power and authority? Or have you overlooked this part of who he is?
- Verse 11 says that “the Lord delights in those who fear him” – what do you think this means? Does he want us to be afraid of him? To what extent do you fear him?
- Do you think you will ever be able to fully understand or grasp who God is? Why/why not?
- If God has this much control over the world – why do you think he lets us have any control?
- If you were fully aware of how big and powerful God is do you think you would live any differently?

### INVOLVE

Invite the group to write a Psalm.

Play some reflective worship music and allow them all 5-10 minutes and then have them read theirs out, one after the other so that the whole group can hear.

*Leader's note: If it's quality stuff you might want to suggest to your corps officer that they share their psalm at your next church gathering.*

### APPLY

Ask your group “What’s one thing I can do differently this week based on what I’ve learned?”

### LEADER'S NOTES

- Is anyone missing from your group tonight? Don't forget to ask for volunteers to follow them up.
- Are you developing leaders within your group? Check out the LIFE leadership handbook for some simple ideas on how to start.



## GOD OF JUSTICE

**The Lord gives righteousness  
And justice to all who are treated unfairly.  
- Psalm 103**

This week you will need:

- A packet of Fantaes
- A sheet of paper for each person
- Pens or pencils for each person
- 1 large sheet of paper (maybe butchers paper)
- The drawings everyone did in week 1 to depict their relationship with God.

### CONNECT

Have a packet of Fantaes and have everyone read one of the celebrity bios while the rest of the group attempts to guess who the celebrity is. Try to ensure everyone has an opportunity to have a go.

OR

Go around the circle and give everyone a chance to answer your choice of the following questions.

- What's one lesson you have learned this year?
- What, in your opinion, is the worst food in the world?
- Can anyone recite Psalm 46:1-2?
- How would you rate your day today out of 5? Why?

### INVOLVE

Place the large sheet of butcher's paper in the middle of the room and ask for a volunteer to be the scribe. As a group, list of as many injustices as possible, whether personal, local or global.

### DISCUSS

Read Psalm 103 out loud.

### QUESTIONS FOR NEW CHRISTIANS

- How does injustice make you feel?
- How do you think God feels about the injustices on your list?
- Have you ever been in a situation where something totally unfair happened to you or someone you love? What happened? How did you feel?
- Read verse 6. How does it make you feel to know that God is



### WHO IS GOD?

**Life.**

## GOD OF JUSTICE

completely just– that he will make sure that everyone is treated completely fairly?

- In Psalm 103:4 we read that God, “The King loves justice”. What do you think it means to love justice? Do you love justice?

### QUESTIONS FOR ESTABLISHED CHRISTIANS

- Which of the truths in this Psalm are you most thankful for? Why?
- This Psalm talks a lot about how forgiving God is. Do you think he will forgive people who are not sorry and refuse to change? Do you think that would be just?
- Have a look at the injustices you listed earlier as a group. How do you think God will deal with these justly? Why do you think he hasn't put a stop to the injustices already?
- Do you think it's necessary for us to comprehend how God's just plan for justice works in order for it to be true? Why/why not?
- Have you ever beaten yourself up about your sin and felt like you can't approach God even though you have repented? What happened? Read verses 12 and 13. How do you think God would want you to feel after you have repented of your sins?

### APPLY

Ask your group to share one thing that they will do this week based on today's discussion.

AND/OR

Hand a piece of paper and pen (or pencils) to each person. Also hand each person the drawing they did in week 1 of this series.

Allow 5-10 minutes for each person to draw a new picture of how they see themselves and God interacting with each other, reflecting any changes that have happened over the last five weeks.

Once they are finished, have each person share with the group something that either:

- they have learned about God
- they have understood on a deeper level or
- that has happened in their relationship with God.

### LEADER'S NOTES

- In verse 4 we read that the King has 'established equity'. Other words for equity include: even-handedness, fairness, impartiality, fair play and justness
- Try to block out some time in your calendar this week to pray for each of the members of your group.