

life groups

NorthStar Church

March Madness Part 2

Scott Cagle

March 19, 2017

Numbers 27:12-23

How to Get Out of a Rut

Main Idea

When you lack faith, make decisions in fear and wonder aimlessly from God, it almost always becomes a life in decline. There is a way through a life of wandering into a life a fresh purpose.

Introduction

How long did it take for you to learn to tie your shoes? How long was it until it became a routine?

Name something you do daily or weekly that you don't even think about.

When do our habits become a rut?

Humans crave habit and routine, but sometimes these behaviors can lead us to be in a rut.

The dictionary definition of "rut" is : a track worn by a wheel or habitual passage. A groove in which something runs. A usual or fixed practice, especially a monotonous routine.

All of us at one time or another have fallen into a rut. Let's take a few minutes and go around the group and each of us share a rut we have been in, or maybe are currently in. this could be in any area of our lives.

Understanding

Scott gave us three keys to get out of a rut.

1. Care more about the people around you than you do yourself. This kind of heart will show and endear you to the people around you. It will build incredible trust.

What can this look like in your life? Name at least one way that you can show more care for the people around you.

2. Constantly look for opportunities to empower those around you. Take these truths to heart...God chose you. God equips those He chooses.

Name at least one way that you can empower someone in your life today whether that's a family member, friend or co-worker. How can you start incorporating this practice into your daily routine?

3. Consistently look for opportunities to publicly affirm the people in your life. Let people know that you appreciate them and what they do. Let people know that you recognize what they are good at.

Again, how can you incorporate this into your daily life? Who is one person that needs some affirmation from you? Name at least one way you can do this.

Application

Are you in a rut today that needs to change? How do you get out of a bad rut, but the circumstances aren't going to change? (example: a difficult job but you need to stay there, a difficult family member)

Scott gives us some good advice in this area as well.

1. Hang out with Godly people.
2. Be patient, wait on God's timing
3. Dwell in the presence of God's glory. What would this look like for you?

Let's make a game plan for this week:

How will you care more about the people around you than yourself? Family, co-workers, church family?

How will you intentionally empower those around you?

How and when will you publicly affirm those around you?

Pray

Ask God to work through you to empower/lead/serve others around you this week. Ask God to fill you fresh with His Spirit so that you can see your work place and your family as a part of His mission for your life. Pray for the NorthStar family to make a Kingdom difference in this season heading up to Easter Services in April.