

NS LIFE GROUPS

NorthStar Church

Re-Boot: Escape

Mark 1:35-39; Matthew 4:1-11

May 20, 2018

Main Idea: When it's time to Re-Boot our systems, one thing we must do is to Escape to be with God in solitude.

Icebreaker: Can you tell of a time that you "escaped" from everyday life to rest or "Re-Boot"? How did that go? Did you find the time of rest you needed to re-charge and come back to things 100%?

Study:

Sometimes we need to Escape to spend time with God in solitude.

Read the following points from the sermon along with the corresponding Scripture passages and discuss them in your group using the following questions.

Matthew 4:1-11-- Truths about the Why of Solitude:

1. **It starts with God.** (v. 1) God draws you to Himself.
 - a. Have you ever felt the pull of the Holy Spirit to get alone with God?
2. **It leads you to a deep hunger for God's Word.** (v. 4)
 - a. Has there ever been a season in your life when you've craved Scripture in this way?
 - b. How strong is your current hunger for God's Word?
3. **It leads you to a place of full obedience to God.** (v. 7)
 - a. Is there an area of your life where you are feeling a pull to be more obedient?
4. **It will build in you a desire to passionately worship God alone.** (v. 10a)
 - a. Do you really have a desire to simply, passionately worship God for who he is?
5. **It will move you to serve Him with your life.** (v. 10b)
 - a. In what areas have you felt passionate to serve God lately?
 - b. What could be your next steps in this area?

What does it require from us to Escape with God? (Mark 1:35-39):

1. Sacrifice. (v. 35)
 - a. What is it that you feel you need to sacrifice in order to escape with God?
2. Solitude. (v. 35b)
 - a. How often do you currently spend time alone with God?
 - b. How often do you wish you could spend time alone with God?
 - c. What is stopping you? Is that really a good enough reason to keep your from something so important?
3. Seeking. (v. 35a)

- a. Have you truly sought God through prayer and asked him for a deeper, more intimate relationship and for clarity on ways you need to be more obedient?
- 4. Submission (vs. 36-39)
 - a. Are you willing to write down and then do what God tells you to do in these alone moments?

Application:

In light of these Biblical truths, how is God encouraging you to Escape to spend time with him?

1. What is your plan to schedule some intentional time to get alone with God?
2. Pastor Scott challenged us to, in some way, fast from media for the next 40 days. What could your life look like 40 days from today if you took the challenge to do some sort of media fast?
3. What is your plan to participate in this media fast?
 - a. What are you giving up?
 - b. What things are you going to **replace** that media with to invest in your relationship with God?

Pray :

Pray for each person in your group and their various requests. Pray that we have the wisdom and intentionality to set aside the time to Escape to be alone with God.