



## rGroup Guide

ANT Killer | Pastor Miles McPherson | March 22, 2020

### **D12 Monthly Focus for March: *Nurtures a burden for lost people.***

#### ***Recite the Do Something Disciple Prayer***

“As a Do Something Disciple, I am in a disciplined pursuit for the heart of The Father, a heart that is being perfected in love for God and people.

#### **Father give me a heart that:**

- Desperately seeks face-to-face intimacy with You.
- Faithfully avoids that which displeases You.
- Humbly embraces a Kingdom Mindset.
- Values making disciples that make disciples.

#### **Jesus, create in me a heart that:**

- Values being guided by the Word of God.
- Gratefully grows in generosity.
- Nurtures a burden for lost people.
- Demonstrates a commitment to a Spirit-filled expression of my gifts.

#### **Holy Spirit develop a heart in me that:**

- Gracefully gives and receives forgiveness.
- Passionately worships God.
- Is dependent on the power of prayer.
- Serves with Humility.

"Father, with Christlikeness as my goal and the Holy Spirit as my Guide, knit my heart with Yours. Fill my heart with Your passions, motivations, and desires. In Jesus' Name, Amen."

#### **Sermon Application from Sunday's Message:**

On Sunday 3/22, Pastor Miles opened his sermon describing how he loves sleep! He described the process of sleep through the lens of our sleep cycle which is called Rapid Eye Movement or the REM cycle (see - [https://en.wikipedia.org/wiki/Rapid\\_eye\\_movement\\_sleep](https://en.wikipedia.org/wiki/Rapid_eye_movement_sleep)). If you have ever woken from a dream and you could not move you were probably experiencing what is called REM paralysis. When we continually listen to the automatic negative thoughts or “ANTS” running through our minds, we can experience “paralysis” in our lives. In order to overcome this “paralysis,” we must trust in God and reflect on what the Bible says to overcome our negative thoughts.

**Take time to read through the following materials in your rGroup and discuss the scriptures and questions provided.**

1. As a group, everyone should take 5 minutes writing out an ANT (Automatic Negative Thought) in detail. If people feel comfortable, go around and share in your group some of the ANTS that you are dealing with. Then as a group, read 2 Corinthians 10:4-6. These verses describe our thoughts and how we need to submit them to Christ. How do we take every thought captive to the obedience of Christ?
2. Recall the thought that you wrote down. Is the thought true? Yes or no? Share with the rest of your group. Then read John 8:31-32. If we believe in Jesus that we are His disciples, and if we believe that Jesus is truly the Son of God, then do you believe the thought you are dealing with is true? In your group, share if you are 100% sure your thought is true - Yes or No?
3. How does the thought make you feel? Share as a group, then read Galatians 5:19-23 together. Verses 19 through 21 describes life apart from God. Yet verses 22 and 23 describe a life that God cultivates in Christians who follow God. Is your life representative of someone who is apart from God or as someone who is with God?
4. How would you feel if you did not have that thought? Share in your group and then read Romans 1:17. In Romans 1:17, we are righteous by faith because we have a righteous God.
5. Finally, go around and replace your negative thought with a Biblical thought. Finish by reading Ephesians 3:20-21.

**Next Steps:**

- **Text INFO to 52525 to get involved with what the Rock Church is doing.**

**Monthly Memory Verse: 1 Peter 3:15 NKJV** *“But sanctify the Lord God in your hearts, and always be ready to give a defense to everyone who asks you a reason for the hope that is in you, with meekness and fear.”*

**This Week’s Bible Reading** / The Bible Project Videos

Ruth 1-4: <https://bibleproject.com/explore/ruth/>

1 Samuel 1-13: <https://bibleproject.com/explore/1-samuel/>

Psalms 37-41: <https://bibleproject.com/explore/psalms/>