

## **Message-based Study**

### **Connection**

What is a game you love playing with others?

### **Content**

**“When we open our hearts to God, He is grace.”**

What do these words mean to you today?

### **Out of the Depths**

1. Read Psalm 130:1-2. Call to your Lord and tell Him your needs.

Often when we face struggles, the first step can be the hardest. Why do you think that is?

### **Cry Out**

2. Read Jonah 2:1-6. Jonah was stuck in distress and his only option was to cry out.

This scripture is one of many, where we are told to **cry out** to Him. Share a time in your life where you can relate to Jonah story, and how did you respond to the situation?

### **Jesus Hears You and Opens Our Eyes**

3. Read 1 John 5:14-15 and Psalm 130:3.

When in your life have you felt lead by the Spirit and changed your actions because of it?

## Jesus Forgives Us

4. Psalm 130:4.

God reveals to us our mistakes and STILL forgives us. How can you chose to remember these words today, and possibly share them with others in your life that need to hear them?

## Dwell on the Light

5. Psalm 130:5-6. We have hope in the Lord as we wait and trust in Him.

When life is out of control, how can we turn our focus from the darkness to the light is God?

## Commitment

6. One of the traditions of the Lent season is to give up something in order to spend time with God.

What is something in your life, that you can set aside in order to make time for your health and connection with God?



**Begin with prayer. Listen with care. Eat / Engage with another. Serve. Share your story.**

This week, **Begin with prayer** for a person in your life who needs Jesus' love. Begin today with this tool of how to B.L.E.S.S them.

Would you like to give any updates to the group on someone you have shared about in the past?