

# Southwest Life Groups

A Place to Belong...A Place to Transform

April 6, 2008

**Focus:** To really remember what God has done for us and to explore why we forget so often.

## I John - Lesson #6 Don't Forget

**Introduction:** Each of us has ups and downs in our spiritual journey. There are times we are so connected to God we feel like we could take on the world. There are other times we just want to throw in the towel.

- Describe a time you have felt extremely connected to God.
- Describe your attitude towards God and what you wanted to do for him during this time.
- Share what happened...did you follow through? Why or why not?
- Assess why we live on this roller coaster.

**Text:** I John 2:12-14...John has spent the first chapter and a half pleading with his friends against the Gnostic thought that had infiltrated the culture and the church.

• Look back on what we have covered and sum up what he has said so far. He now spends three verses in what looks like a poem. It's almost as if he stops in the middle of his thought and says, do you remember? Do you remember what life was like before? Have you forgotten how good it was? Have you forgotten who you are in Christ and what you have available to you!

- Read the text
- What is John doing with these three verses?
- He speaks to three different groups...is there any significance in the three?
- Evaluate what John wants his friends to "remember."
- Why write this to them here?

**Application:** Go back to that moment where you felt connected to God and see if you can figure out when you headed south on the roller coaster.

- What do you need to be reminded of...what have you forgotten?
- Assess why it is so easy to forget what God has done.
- Describe how your life is different when you "forget."

**Celebration:** I believe God uses all sorts of things to bring us back to him. When we are at the bottom of the roller coaster He reminds us He is still here and that He still thinks we are incredible! End tonight by sharing stories of your spiritual journey in which God has used circumstances, people, hardships, etc. to **remind** you of who He is, what He has done for you, and how that brought you back.