

DAY 1 – SCRIPTURE, OBSERVATION, APPLICATION, PRAYER ("SOAP")

CONVERSATION STARTER

If you were God, and you allowed your creation to make choices within the boundaries you set, how would YOU facilitate lasting change?

SCRIPTURE OBSERVATION (5 MINUTES)

The Apostle Paul wrote to the church in Corinth: When we arrived in Macedonia, there was no rest for us. We faced conflict from every direction, with battles on the outside and fear on the inside. But God, who encourages those who are discouraged, encouraged us by the arrival of Titus. His presence was a joy, but so was the news he brought of the encouragement he received from you. When he told us how much you long to see me, and how sorry you are for what happened, and how loyal you are to me, I was filled with joy!

I am not sorry that I sent that severe letter to you, though I was sorry at first, for I know it was painful to you for a little while. Now I am glad I sent it, not because it hurt you, but because the pain caused you to repent and change your ways. It was the kind of sorrow God wants his people to have, so you were not harmed by us in any way. For the kind of sorrow God wants us to experience leads us away from sin and results in salvation. There's no regret for that kind of sorrow. But worldly sorrow, which lacks repentance, results in spiritual death.

Just see what this godly sorrow produced in you! Such earnestness, such concern to clear yourselves, such indignation, such alarm, such longing to see me, such zeal, and such a readiness to punish wrong. You showed that you have done everything necessary to make things right. My purpose, then, was not to write about who did the wrong or who was wronged. I wrote to you so that in the sight of God you could see for yourselves how loyal you are to us. We have been greatly encouraged by this. **2 Corinthians 7:5–13 NLT**

APPLICATION SUGGESTIONS (5 MINUTES)

Does it surprise you that the Apostle Paul himself dealt with great fear? How did he handle it?

What is the "kind of sorrow God wants his people to have," and how is it different from worldly sorrow?

What motivates "tough love"?

PRAYER SUGGESTIONS (5 MINUTES)

Lord, thanks for offering the fantastic and healing opportunity to experience "godly sorrow" which leads to real repentance and peace.

DAY 2 – SCRIPTURE, OBSERVATION, APPLICATION, PRAYER (“SOAP”)

CONVERSATION STARTER

Do you feel you have a healthy perspective on conflict? Why or why not?

SCRIPTURE OBSERVATION (5 MINUTES)

For the kind of sorrow God wants us to experience leads us away from sin and results in salvation. There’s no regret for that kind of sorrow. But worldly sorrow, which lacks repentance, results in spiritual death. **2 Corinthians 7:10 NLT**

When one of you has a dispute with another believer, how dare you file a lawsuit and ask a secular court to decide the matter instead of taking it to other believers! Don’t you realize that someday we believers will judge the world? And since you are going to judge the world, can’t you decide even these little things among yourselves? Don’t you realize that we will judge angels? So you should surely be able to resolve ordinary disputes in this life. If you have legal disputes about such matters, why go to outside judges who are not respected by the church? I am saying this to shame you. Isn’t there anyone in all the church who is wise enough to decide these issues? But instead, one believer sues another—right in front of unbelievers!

Even to have such lawsuits with one another is a defeat for you. Why not just accept the injustice and leave it at that? Why not let yourselves be cheated? Instead, you yourselves are the ones who do wrong and cheat even your fellow believers.

Don’t you realize that those who do wrong will not inherit the Kingdom of God? Don’t fool yourselves. Those who indulge in sexual sin, or who worship idols, or commit adultery, or are male prostitutes, or practice homosexuality, or are thieves, or greedy people, or drunkards, or are abusive, or cheat people—none of these will inherit the Kingdom of God. Some of you were once like that. But you were cleansed; you were made holy; you were made right with God by calling on the name of the Lord Jesus Christ and by the Spirit of our God. **1 Corinthians 6:1–11 NLT**

APPLICATION SUGGESTIONS (5 MINUTES)

How are you handling your “regrets”—are they “open wounds” or are you letting God heal you?

*“Some of you were once like that. **But...**”* Have you been made holy and right with God?

What regrets is God helping you avoid in your future?

PRAYER SUGGESTIONS (5 MINUTES)

Lord, thank you for forgiving me, cleansing me of my past, and making me holy.

DAY 3 – SCRIPTURE, OBSERVATION, APPLICATION, PRAYER (“SOAP”)

CONVERSATION STARTER

What good do you want to “harvest” in your current relationships? Are you planting the seeds that will produce those results?

SCRIPTURE OBSERVATION (5 MINUTES)

Dear friends, let us continue to love one another, for love comes from God. Anyone who loves is a child of God and knows God. But anyone who does not love does not know God, for God is love. God showed how much he loved us by sending his one and only Son into the world so that we might have eternal life through him. This is real love—not that we loved God, but that he loved us and sent his Son as a sacrifice to take away our sins.

Dear friends, since God loved us that much, we surely ought to love each other. No one has ever seen God. But if we love each other, God lives in us, and his love is brought to full expression in us. And God has given us his Spirit as proof that we live in him and he in us. Furthermore, we have seen with our own eyes and now testify that the Father sent his Son to be the Savior of the world. All who declare that Jesus is the Son of God have God living in them, and they live in God. We know how much God loves us, and we have put our trust in his love.

God is love, and all who live in love live in God, and God lives in them. And as we live in God, our love grows more perfect. So we will not be afraid on the day of judgment, but we can face him with confidence because we live like Jesus here in this world. Such love has no fear, because perfect love expels all fear. If we are afraid, it is for fear of punishment, and this shows that we have not fully experienced his perfect love. We love each other because he loved us first. If someone says, “I love God,” but hates a fellow believer, that person is a liar; for if we don’t love people we can see, how can we love God, whom we cannot see? And he has given us this command: Those who love God must also love their fellow believers. **1 John 4:7–21 NLT**

APPLICATION SUGGESTIONS (5 MINUTES)

God’s love is “brought to full expression in us” when we love each other. Who needs you to love them today?

Where does your strength to love, even when you don’t feel like it, come from?

Fear “shows that we have not fully experienced [God’s] perfect love.” Is this true of you?

PRAYER SUGGESTIONS (5 MINUTES)

Lord, thank you for being love and showing me how to truly love others.

DAY 4 – SCRIPTURE, OBSERVATION, APPLICATION, PRAYER ("SOAP")

CONVERSATION STARTER

How could you invest 2022 for God's purposes?

SCRIPTURE OBSERVATION (5 MINUTES)

For God's way of making us right with himself depends on faith. I want to know Christ and experience the mighty power that raised him from the dead. I want to suffer with him, sharing in his death, so that one way or another I will experience the resurrection from the dead! I don't mean to say that I have already achieved these things or that I have already reached perfection. But I press on to possess that perfection for which Christ Jesus first possessed me. No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.

Let all who are spiritually mature agree on these things. If you disagree on some point, I believe God will make it plain to you. But we must hold on to the progress we have already made. Dear brothers and sisters, pattern your lives after mine, and learn from those who follow our example. For I have told you often before, and I say it again with tears in my eyes, that there are many whose conduct shows they are really enemies of the cross of Christ. They are headed for destruction. Their god is their appetite, they brag about shameful things, and they think only about this life here on earth.

But we are citizens of heaven, where the Lord Jesus Christ lives. And we are eagerly waiting for him to return as our Savior. He will take our weak mortal bodies and change them into glorious bodies like his own, using the same power with which he will bring everything under his control. **Philippians 3:9–21 NLT**

APPLICATION SUGGESTIONS (5 MINUTES)

What is the huge difference between "being a good person" and living in "faith"?

Paul focused on "one thing" that helped him make peace with the past, present and future. What was that "one thing" and how can you imitate his example?

What is the God-given response we should have towards those whose "conduct shows they are really enemies of the cross of Christ"?

PRAYER SUGGESTIONS (5 MINUTES)

Lord, thank you for making me a citizen of heaven through your grace in my life. Teach me to focus my hopes and dreams on helping people be reconciled to you through Jesus!

DAY 5 – SCRIPTURE, OBSERVATION, APPLICATION, PRAYER ("SOAP")

CONVERSATION STARTER

How has being in a Life Group blessed your life? Or, how could being in a Life Group give you an opportunity to encourage others and be encouraged?

SCRIPTURE OBSERVATION (5 MINUTES)

Is there any encouragement from belonging to Christ? Any comfort from his love? Any fellowship together in the Spirit? Are your hearts tender and compassionate? Then make me truly happy by agreeing wholeheartedly with each other, loving one another, and working together with one mind and purpose. Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. Don't look out only for your own interests, but take an interest in others, too. You must have the same attitude that Christ Jesus had.

Though he was God, he did not think of equality with God as something to cling to. Instead, he gave up his divine privileges; he took the humble position of a slave and was born as a human being. When he appeared in human form, he humbled himself in obedience to God and died a criminal's death on a cross.

Therefore, God elevated him to the place of highest honor and gave him the name above all other names, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue declare that Jesus Christ is Lord, to the glory of God the Father.

Dear friends, you always followed my instructions when I was with you. And now that I am away, it is even more important. Work hard to show the results of your salvation, obeying God with deep reverence and fear. For God is working in you, giving you the desire and the power to do what pleases him. **Philippians 2:1–13 NLT**

APPLICATION SUGGESTIONS (5 MINUTES)

"Work hard to show the results of your salvation, obeying God with deep reverence and fear..." How can you gratefully live this out today—spending time in quiet worship? Meeting a need and giving credit to Jesus?

"For God is working in you, giving you the desire and the power to do what pleases him." God is creating the opportunity and environment...and it's up to YOU to trust God and obey!

PRAYER SUGGESTIONS (5 MINUTES)

Lord, thank you for saving me and giving me not only security in you but also significance in bringing your light to the world around me. Help me have the mind and attitude of Christ.