

## reGROUP Sunday

February 7, 2016

### Learn

*Deuteronomy 30:11-20 (NIV)*

<sup>11</sup> Now what I am commanding you today is not too difficult for you or beyond your reach. <sup>12</sup> It is not up in heaven, so that you have to ask, "Who will ascend into heaven to get it and proclaim it to us so we may obey it?" <sup>13</sup> Nor is it beyond the sea, so that you have to ask, "Who will cross the sea to get it and proclaim it to us so we may obey it?"

<sup>14</sup> No, the word is very near you; it is in your mouth and in your heart so you may obey it.

<sup>15</sup> See, I set before you today life and prosperity, death and destruction. <sup>16</sup> For I command you today to love the LORD your God, to walk in obedience to him, and to keep his commands, decrees and laws; then you will live and increase, and the LORD your God will bless you in the land you are entering to possess.

<sup>17</sup> But if your heart turns away and you are not obedient, and if you are drawn away to bow down to other gods and worship them, <sup>18</sup> I declare to you this day that you will certainly be destroyed. You will not live long in the land you are crossing the Jordan to enter and possess.

<sup>19</sup> This day I call the heavens and the earth as witnesses against you that I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live <sup>20</sup> and that you may love the LORD your God, listen to his voice, and hold fast to him. For the LORD is your life, and he will give you many years in the land he swore to give to your fathers, Abraham, Isaac and Jacob.

### Main Idea

This week, reGROUP Director, Kailey Newkirk, joined us to teach about boundaries. Looking to the example God set for the Israelites on the cusp of entering the promised land in Deuteronomy, we see how God sets boundaries for us for many reasons. One reason is to show how God's design is best lived out; God's creation will always work best when it is lived in accordance to that design. We see the consequences of living in obedience or sin affecting us in ways that we often attribute to God's blessing or punishment. And, while we know that God is and has shown Himself capable of bestowing blessings or punishments, we can't neglect the reality that our sin and obedience as well as the sins of others have natural consequences on God's creation.

### Think...

1. Kailey shares that boundaries are not put in place to show us how to "be good" so that we can earn God's blessings, but so that we can understand how God created this world and this life to be lived out best. Do you look at the

boundaries God has set and think of them as rules to make God happy or guidelines that protect us from danger and lead us to success?

2. In Deuteronomy, we find the Israelites facing the risk of falling away from God in worshiping the gods of other nations. Though we don't often think of this as a risk for us today, seeking after things like money, sex, and power before God is a very real threat that is not that far removed from what the Israelites faced. Have you, consciously or not, made anything an idol? Is there anything you're seeking before God?
3. One of the modern day idols that Kailey points out is the pursuit of happiness. Though happiness is not a bad thing, making it the only thing you seek can leave you with a plan but no purpose, pacified but not satisfied, and never resting but numbing your exhaustion with entertainment. Do you ever find yourself asking God to show you His will, but, deep down, are really asking Him what will make you the happiest?

#### **Discuss...**

1. If God's creation has a design that makes this world work, then living against that design will, understandably, cause brokenness. When your sin or the sins of others cause you suffering, are you prone to think that God is punishing you? Jesus paid the price for that sin already, but when it exists in this world, it's still going against God's design. Does it change your view of suffering at all when regarding it from the perspective of a broken world living outside of God's perfect design for it?
2. Kailey says that the beautiful design of Christianity is that all of us reflect the image of God better than one of us, but that design leaves room for great risk. What does this say about the role community plays in living out God's design for this world? What do you think the great risk is?
3. Following God's design can seem exhausting, but when you know that you don't have it in you, that's when you're closest to being able to rely on God who promises that He has it in Him. Living in God's design isn't easy, but God makes it possible. Do you ever, like the Israelites, stand at the cusp of God's promised land for you, but don't go in because you think it's not worth the fight?

#### **Next Steps**

Holiness and living according to God's design is nothing more than a series of small steps taken in the right direction and we were meant to take those steps together. If you don't have a community that's encouraging you and walking alongside you, our recovery ministry, reGROUP, may be a good next step for you. This is a type of Summit Connect community that focuses on helping people heal from their hurts, habits, and hang-ups. You can learn more about reGROUP at [summitconnect.org](http://summitconnect.org).