



Please take the opportunity to revisit the CVC Equip
Portrait of a Healthy LifeGroup on a regular basis

① CONNECT (10 MIN)

Two weeks ago, Pastor Joe challenged us to consider intentional Bible reading and memorization, and this week, Pastor Dale challenged us to be intentional about being in Christian community and being in regular prayer. Which of these four areas do you need to especially lean into in 2024, and why?

EXPLORE (30 MIN)

Create Context (5 min):

Sermon Recap Video [HERE](#)

Study & Discussion (25 min)

- ② Read Exodus 17:1-3. At this point in the text, the people had seen God do so much in the book of Exodus, and yet still they were tempted to doubt him when they did not have water. Dale said the people were tempted to doubt God's presence, His power and His promises. We can struggle with the same or similar doubts today.
 - Where else do we see this problem of God's people doubting Him throughout Scripture, and what are the results?
 - Dale mentioned in his sermon that "the testing of our faith is critical to our sanctification." Where have you seen this bear itself out in your life when you have been tempted to doubt God?
- ③ Read Exodus 17:4-6. God told Moses to strike the rock and that water would come out of it, and the people would drink. There are many other places in Scripture where God's providence for His people took the form of, or was described as, water, living water, or food.
 - Read Isaiah 55:1-2:
 - Here Isaiah uses food as an illustration. What is he calling the reader to do in this passage?
 - Read John 7:37-39:
 - What does it mean to "come to Jesus and drink?"
 - What are the results of listening to and following Jesus' command here?
- ④ In his sermon, Pastor Dale talked about elders and deacons. In the 8am service, he said that all of us should aspire to live up to the qualifications of elders and deacons.
 - Read 1 Timothy 3:1-13:
 - In what areas mentioned in this passage do you feel you need growth?
 - How can your LifeGroup "hold up your arms" as you pursue spiritual growth and discipline in 2024 (give specific examples)?



5

In one of the services on Sunday, Pastor Dale asked this question. Consider your answer and then take some time to discuss in your LifeGroup.

- “If your prayer life was the only one that mattered to the life of our church, how would our church be doing?”

ADDITIONAL RESOURCES

- “Introduction to Exodus,” The Gospel Coalition - <https://www.thegospelcoalition.org/course/introduction-to-exodus/#overview>
- “Sometimes Leaders Need to Be Carried,” by Jared C. Wilson - <https://www.thegospelcoalition.org/article/sometimes-leaders-need-to-be-carried/>
- “Water from the Rock: Salvation is Life,” by John Piper - https://www.thegospelcoalition.org/conference_media/water-from-rock-salvation-life/

APPLY AND PRAY (30 MIN)

Pastor Dale mentioned in the service that every person in the church needs the body of Christ – every person needs to encourage others, and every person needs to be encouraged. Every person needs to be praying, and every person needs prayer.

- Take some time to pray for those who lead in your life at CVC – the pastors, the elders, the ministry staff, your LifeGroup Leaders, etc.

ACCOUNTABILITY

We’re not sure how often your group takes advantage of the opportunity for accountability. As we begin the new year, this might be a great opportunity to set up a regular rhythm of accountability with someone in your group.

- Have you spent daily time in the Scriptures and in prayer?
- Have you had any flirtatious or lustful attitudes, tempting thoughts, or exposed yourself to any explicit materials which would not glorify God?
- Have you been completely above reproach in your financial dealings?
- Have you spent quality relationship time with family and friends?
- Have you done your 100% best in your job, school, etc.?
- Have you told any half-truths or outright lies, putting yourself in a better light to those around you?
- Have you shared the Gospel with an unbeliever this week?
- Have you taken care of your body through daily physical exercise and proper eating/sleeping habits?
- Have you allowed any person or circumstance to rob you of your joy?
- Have you lied to us about any of your answers today?



Cuyahoga
Valley Church

EQUIP ANNOUNCEMENTS

Week of 1.7.24

Please take a moment to share these announcements with your group.

CVCKIDS

Night To Shine Volunteer Registration.

Recently a visitor to our church said to one of our volunteers, “Night to Shine is the most loving thing that you all do for our community.” Regardless of whether they are correct in that statement, it surely shows how much Night to Shine offers us an opportunity to be salt and light in our region. It literally takes hundreds of volunteers to serve our special guests and their caregivers. Please consider volunteering as a LifeGroup, family, or individual for this important night.



CVCYOUTH

CVC Youth - Winter Retreat

At CVCYouth's Winter Retreat, we are inviting students into a life of freedom in Christ, not out of obligation, but out of obedience. Join High School and Middle School students from all around North East Ohio as we enjoy one of our favorite weekends of the year. Winter Retreat 24, night & day will be filled with new friendships, fun memories, new adventures, and lots of laughs.



CHURCH - WIDE

Pursue Prayer Gathering

How's this? Join us every Sunday night in January from 6:30-7:30pm as we Pursue a deeper walk with Christ individually and corporately in 2024. Childcare is available.



SAVE - THE - DATES

Night To Shine: February 9th, 2024.

CVCYouth Winter Retreat: February 23-25, 2024