

# Save Your Strength

## Conversation Starters

- Tell a funny story about something that ended in a way you didn't plan or expect.
- If you could change one of society's standards, what would it be and why?
- Did you "get back in the gate" this past week? What's something you re-engaged with?

## Review

Ask eGroup members to share their favorite points from the sermon, what spoke to them, a phrase or moment from the sermon they related to the most, or questions they have. If members have a hard time recalling the sermon, talk through your notes and share your favorite points.

## Start with Scripture

### Read Isaiah 28:5-6.

Encourage your eGroup to open their Bibles to Isaiah 28. Ask someone in your eGroup to read this passage.

- In verse six, why do you think it says that God will be a "spirit of justice" before it says He will be a "source of strength"? (*To help us realize we have to seek God's standards before we can fully receive His strength.*)
- Why do you think it says He will be a source of strength "to those who turn back the battle at the gate"? What kind of strength do you think this passage is talking about? (*Those who turn back the battle are seated in the gate — they are fully engaged and are actively pursuing God's standards. God gives the strength to make good decisions.*)
- **Take It Further:** now look at 1 Samuel 24:1-7. David's men encouraged him to "deal with" Saul, even saying this was what God intended. Why did David feel guilty for cutting off a piece of Saul's robe? How did David's personal standards bring God's favor and strength on him? (*David knew that cutting Saul's robe was not living up to God's standards. Through most of his life, David was devoted to following God's standards, and it gave him great strength and blessings.*)

## Make It Personal

- Where do you think most people get their standards from?
  - Why is it dangerous to let people set our standards?
- What were some standards in your past that were different from God's standards? (Encourage your group that everyone has had standards that

don't meet God's. This should be an opportunity for honesty and connection. Also encourage them to talk about current standards that might have room for improvement.)

- Where do people in society tend to draw their strength from?
  - Which of those sources do you identify with the most?
- Why should we have God as our main source of strength? What are the risks of having other sources of strength, such as relationships, social media, success, etc.?

### **Act On It**

- What's something good you're expecting in your future? What are some standards you have that might affect whether or not it happens? Give two ways you can reach for God's standards this week to help that good thing happen.

### **Praise Reports, Prayer Requests, and Prayer**

Ask eGroup members to share any prayer requests they have. Record any notes or prayer requests to pray for members during the week.

*Dear Lord, we're so grateful that You give us standards that are meant to free us. Help us to see where we can improve so we can experience the strength and joy that You want us to have. Let others see us as an example as we work on living to Your standards this year. In Jesus' name, amen.*