



EMMANUEL

LifeGroup

LifeNotes

LifeGroups exist to follow Jesus together, build authentic community, and lead others to Him

Sermon: Step Out of God's Power (Wk 2)

(Michael - May 24th, 2026)

Primary Scriptures:

Matthew 5:4

Supporting Scriptures:

Primary Scripture: Joel 2:25, Philippians 2:13, 2 Corinthians 7:10, Psalm 34:18, Philippians 1:6

Ice Breaker Question (15 min): *(Ice Breakers build deeper relationships!)*

What's one thing that helps you reset mentally after a stressful week?

Sermon Summary:

This week, we talked about the second step of recovery: believing God has the power to restore what we cannot fix on our own. We were reminded that many of us spend years trying to manage our struggles ourselves until we finally realize we need help beyond our own strength. Jesus said, "Blessed are those who mourn," because real freedom begins when we stop minimizing our brokenness and honestly bring it before God. We discussed how godly sorrow is different from shame or self-pity because it leads us toward repentance, healing, and transformation. We also talked about how many people believe God can change others but quietly doubt He can change them personally. The good news of the gospel is that Jesus not only forgives sin, but restores what has been damaged and gives hope where we thought change was impossible

Group Discussion Questions (30 - 45 Minutes)

1. Where in your life have you seen the pattern of "doing the same thing over and over, expecting different results"?
2. Read Matthew 5:4. What do you think Jesus means when He says those who mourn will be comforted?
3. Where are you most tempted to believe, "This is just who I am," instead of believing God can change you?
4. What might godly mourning look like for you right now and what area of your life do you need to acknowledge that it is hurting you (& your relationship with God)?

Prayer Time (15 min): *(Break into smaller groups, read the following instructions, and pray for one another.)*

- **Pray:** Jesus, give us the courage this week to grieve honestly before You and to believe You can change what we've stopped believing can change. Show us one step of obedience to take as we respond to You.