



Series: Junk in the Trunk
"Dealing with Our Past"
Week of June 6, 2021

Connect Group Discussion Guide

The idea of this series, "Junk in the Trunk", is how to overcome those things that weigh us down.

1. Everyone understands the overall concept of items that weigh us down in life. There are certain things in our trunks that are helpful, while others things we carry with us are not helpful. What junk is in your trunk that weighs you down? For example, junk you don't need, or stuff you carry around and haven't dealt with, or extra weight that you expend energy on that leaves you tired, or gets you off track in your journey?
2. The nation of Israel had a significant amount of Junk in their trunk: they had been set free from slavery by miraculous events, they had an 11 day walk ahead of them to reach the Promised Land, but the junk caused them to wander in the dessert for 40 years. Has "junk" caused you to take longer than expected to achieve a goal or see positive change in an area of your life? If so, share some of that story.
3. Moses had a difficult past by any of today's standards: he was found floating in a basket on the Nile river, he was taken in by a family that was not his, and he was brought into a culture that was not his. He was Egyptian enough not to be accepted by his own, yet was Hebrew enough to not be fully accepted by his foster people. Have you ever felt caught between two "identities" and did not quite know how to reconcile them? If so, how did you find peace?
4. Being caught in the in-between filled Moses with confusion and hostility, so he reacted in impulsively (and then ran away) because he did not feel like he could trust anyone. Have you ever felt this way? What support systems did you turn to for help?
5. God, in His Infinite Love, reached down and called Moses out of his running and his hiding (read Ex. 3:5-10). How does this encourage you?
6. The issues of Moses' past left him with: an identity crisis (Ex. 3:11), a faith crisis (Ex. 3: 13), an evidence crisis (Ex.4:1), and an ability crisis (Ex. 4:10); to which God responded. Have you ever experienced any of these crises and God helped you? If so, how did He help?
7. Reconciliation (read Matt. 5:23-24) and restoration (read Gal. 6:1) are strategies for finding healing from our past. What do you take from these verses that empower you?

Main Idea

You can overcome those things that weigh you down.

Key Scripture Reference(s)

***Various verses from
Exodus 3-4
Ephesians 2:4
Matthew 5:23-24
Galatians 6:1***

Your Faith in Action

What steps will you take this week to **show** others what you believe (in words, and in deeds)?

Mon: _____

Tue: _____

Wed: _____

Thu: _____

Fri: _____

Sat: _____

Sun: _____

This is a constant element, so you can practically live out your faith everyday.