

LifeGroup Deep Dive | “Centered” 04/19

Main Passage:

Luke 11:1–13

Supporting Passages:

Matthew 6:9–13, Philippians 4:6–7, James 4:8, Romans 8:15, Psalm 46:10

Main Idea / Question:

You don’t control the spin of life — but you can control where you’re centered.

This week, we’re not just asking: *“Do I pray?”*

We’re asking: *Where do I go when life starts spinning?”*

PORCH TALK

(Surface → Soul conversation)

Leader Setup:

This isn’t just about prayer habits...

This is about **what you run to when life feels out of control.**

Conversation Starters (choose 3–4):

When life feels overwhelming, what is your first instinct—pray, plan, or panic?

Where do you feel “on the edge” of life right now?

What does it feel like internally when life starts spinning?

Do you feel like you’re living centered—or managing from the outside?

What tends to pull you away from being grounded in God?

Reference Scriptures: *Isaiah 26:3, Colossians 3:2, Hebrews 4:16, Psalm 55:22, Matthew 6:33, John 15:5, 1 Peter 5:7, Lamentations 3:25–26*

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LIVING ROOM

(Deeper discipleship & formation)

1) Start With the Father — Not the Spin

Read: Luke 11:1–2; Romans 8:15

Context: Jesus doesn’t begin with needs—He begins with relationship.

Say: If you start prayer on the edge... you’ll feel the spin. But if you start with the Father... you find the center.

Ask (slow this down): Where do you typically start when you pray—relationship or problems? What does your starting point reveal about your trust in God? How has your view of God shaped the way you approach Him? What would it look like to begin with “Father” this week—not just in words, but in posture?

Reflection Verse:

“You have received the Spirit of adoption...” — Romans 8:15

2) Bring Your Need — Without Managing It

Read: Luke 11:5–8; Philippians 4:6–7

Context: The man shows up with nothing but need—and keeps coming.

Say: One of the most stabilizing things you can do is stop pretending you’re fine.

Ask: Where are you trying to manage something instead of bringing it to God? What keeps you from fully admitting your need? Do you tend to come to God quickly—or after you’ve exhausted yourself? Where have you walked away too soon because you didn’t see results?

Reflection Verse:

“Be anxious for nothing...” — Philippians 4:6

Reference Scriptures: *Isaiah 26:3, Colossians 3:2, Hebrews 4:16, Psalm 55:22, Matthew 6:33, John 15:5, 1 Peter 5:7, Lamentations 3:25–26*

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3) Trust His Goodness — Even When You Don’t Understand

Read: Luke 11:9–13; Psalm 46:10

Context: God doesn’t respond like a system—He responds like a Father.

Say: If I can only trust God when I understand...
I’m not trusting Him—I’m trusting myself.

Ask: Where is it hardest for you to trust God’s goodness right now? Have you ever experienced something you couldn’t understand—but later saw God in it? What prayers in your life feel unanswered or confusing? Do you believe God gives what is good—even when it doesn’t match what you asked for?

Reflection Verse:

“How much more will your heavenly Father...” — Luke 11:13

4) What Is Your Reflex When Life Spins?

Read: James 4:8

Say: You don’t rise to the moment—
you fall to your reflex.

Ask: When pressure hits, what do you naturally default to—God or self? Where have you slowly drifted into self-reliance? What does it look like to “draw near” instead of control? How would your life change if returning to God became your first instinct?

Reflection Verse:

“Draw near to God and He will draw near to you.” — James 4:8

Reference Scriptures: *Isaiah 26:3, Colossians 3:2, Hebrews 4:16, Psalm 55:22, Matthew 6:33, John 15:5, 1 Peter 5:7, Lamentations 3:25–26*

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AFTER GLOW

(Prayerful reflection & ministry space)

Read: Philippians 4:7

Say: The goal isn't to stop life from spinning...
it's to be so centered in the Father that you don't spin with it.

Reflective Questions Where in your life do you feel most unstable right now? What would it look like to move closer to the center this week? Where has God been inviting you—but you've stayed on the edge? What is one area where you need to trust Him again?

Reflection Thought:

The wheel may keep spinning, but you don't have to.

FOLLOW-UP & CHALLENGE

Movement

Practice

Start With the Father Don't begin with panic—begin with relationship.

Bring Your Need Stop managing—start depending.

Trust His Goodness Even when clarity doesn't come.

Build the Reflex Return to Him first, not last.

Reference Scriptures: *Isaiah 26:3, Colossians 3:2, Hebrews 4:16, Psalm 55:22, Matthew 6:33, John 15:5, 1 Peter 5:7, Lamentations 3:25–26*