

(New) Normal

NEW SPIRITUAL LIFE

Big Idea

This week, Pastor Mark addressed the “new normal” we’re experiencing during this pandemic. While we are all wondering when things will go back to normal, he urged us not to consider going back, but to move forward and experience life in Christ in a new way. Coming out of a time when “normal” was chaotic into a new normal that has caused us to slow down, we have the opportunity to allow God to teach us a way to live that is free and light. We can start by asking Him to give us a new spiritual life.

Looking at Mark 5:1 and the story of the demon-possessed man of Gerasenes, we might identify with the man’s spiritual condition in a few ways. He was isolated from people, imprisoned by things that he was bound to, and incomplete outside of the fulfillment of his purpose. But just as the man in the story ran to Jesus, we can too.

As we run toward Jesus, we will have close access to Him that will allow us to learn from Him in a whole new way. If we begin to build our lives sitting in close proximity to Jesus, we won’t want to go back to normal. We will want to live in the new freedom we have in Him and operate with a new sense of purpose in proclaiming the Good News. Just as Jesus made His way across a sea to encounter the man of Gerasenes, He has made His way to each of us through His work on the cross. Let’s run to Him!

Discussion Questions

- How can you move toward Jesus in your spiritual life during this season?
- In a time of social distancing, how can you actively share the Good News of Jesus with others?
- When we are on the other side of the COVID-19 crisis and “normal life” resumes, what can you do to protect the new access, new freedom, and new purpose you have in Jesus?

Prayer Focus

Jesus, thank You for dying on the cross so that I can have access to You and live in new freedom and purpose. Help me grow spiritually closer to You and desire You more than anything else. Show me any changes You want to me to make in my spiritual life, and help me actively pursue those changes.

Next Steps

When the demon-possessed man of Gerasenes ran to Jesus, He healed him and gave him next steps. Run to Jesus, ask Him to reveal your next steps to grow in your relationship with Him, and take action!

Leader Tip

Lead the group to brainstorm creative ways they can serve others to effectively share the Good News during this time.

