



WORSHIP AT HOME: Sermon Title

Pastor Sarah

December 28, 2025

Life Group Discussion

CONNECT: *Make time for encouragement, relationship-building, and prayer.*

- The four themes of Advent are Hope, Peace, Joy, and Love. How did you experience one of these in 2025?

GROW: *Engage with God's word, one another, and the Dream Disciple tools and practices.*

- For most, Christmas is a busy season, and January brings the promise and hope of a new year filled with better habits and better choices. Let's prepare for 2026 by giving ourselves some space to be quiet and reflect on what Jesus Christ has done for us.
- In the Hebrew scriptures, there is a word used in poetry, especially the psalms, a word used to indicate a pause: *SELAH*. We're going to use this word to help us pause and meditate on four truths: **Christ has come. Christ has died. Christ has risen. Christ will come again.**
- Get comfortable. Close your eyes. Breathe deeply. You can bow your head, kneel, or open your hands. Try a posture that physically represents your openness to hear and receive God's Truth.
- I'm going to say the Truth statement, read a scripture or two, and speak the word *SELAH*, allowing us to pause over each truth. Then I will move on to the next one. We'll do this four times.
- Christ has come.
 - o [Isaiah 9:6](#) *For to us a child is born, to us a son is given; and the government shall be upon his shoulder, and his name shall be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.*
 - o [John 1:14](#) *And the Word became flesh and dwelt among us, and we have seen his glory, glory as of the only Son from the Father, full of grace and truth.*
 - o Christ has Come. **SELAH.**
- Christ has died.
 - o [Isaiah 53:6](#) *All of us, like sheep, have strayed away. We have left God's paths to follow our own. Yet the LORD laid on him the sins of us all. (NLT)*
 - o [1 Peter 2:24](#) *He himself bore our sins in his body on the cross, so that we might die to sins and live for righteousness; by his wounds you have been healed.*
 - o Christ has died. **SELAH.**
- Christ has risen.
 - o [Isaiah 53:11](#) *After he has suffered, he will see the light of life and be satisfied*



- [1 Corinthians 15:3-4](#) For I delivered to you as of first importance what I also received: that Christ died for our sins in accordance with the Scriptures, that he was buried, that he was raised on the third day in accordance with the Scriptures
- Christ has risen. **SELAH.**
- Christ will come again.
 - [Daniel 7:13-14](#) I saw One like the Son of Man coming with the clouds of heaven... His dominion is an everlasting dominion that will not pass away, and His kingdom is one that will never be destroyed.
 - [Revelation 22:12-13](#) "Behold, I am coming soon... I am the Alpha and the Omega, the first and the last, the beginning and the end."
 - Christ will come again. **SELAH.**
- Reflect Together:
 - How did it feel to sit quietly and reflect?
 - Did any words stand out to you? Did any images come to mind?

Tool/Practice: MY CHAIR (see page 5 in the [Dream Disciple Toolkit](#))

- Early Church father, Augustine, said in his *Confessions*, "You have made us for Yourself, and our heart is restless until it rests in You." Let's brainstorm how we can find rest for our restless hearts in 2026.
- Brainstorm then Share:
 - What are the barriers to creating routines and habits of silence, reflection, prayer, and reading the Bible? [The group can share common or personal barriers.]
 - Ideas for the four legs: When, Where, What, Who
 - How can this tool help us overcome our barriers?
- Why do YOU need to find your chair in 2026?
 - How will habits of silence, reflection, prayer, and reading the Bible help you live an abundant life ([John 10:10](#)).

GO: Put your learning into practice and hold one another accountable.

- What is God saying to you?
- What are you going to do about it?
 - Challenge each group member to write an "I will..." statement.

PRAY: Invite the Holy Spirit to transform each person into the image of Christ. Invite Him to renew minds, strengthen hearts, and increase the desire for spiritual transformation.