



rGroup Guide

FREE SOLO

Pastor Miles McPherson | July 14, 2019

Recite the Do Something Disciple Prayer

“As a Do Something Disciple, I am in a disciplined pursuit for the heart of The Father,
a heart that is being perfected in love for God and people.

Father give me a heart that:

- Desperately seeks face-to-face intimacy with You.
- Faithfully avoids that which displeases You.
- Humbly embraces a Kingdom Mindset.
- Values making disciples that make disciples.

Jesus, create in me a heart that:

- Values being guided by the Word of God.
- Gratefully grows in generosity.
- Nurtures a burden for lost people.
- Demonstrates a commitment to a Spirit-filled expression of my gifts.

Holy Spirit develop a heart in me that:

- Gracefully gives and receives forgiveness.
- Passionately worships God.
- Is dependent on the power of prayer.
- Serves with Humility.

"Father, with Christlikeness as my goal and the Holy Spirit as my Guide, knit my heart with Yours. Fill my heart with Your passions, motivations, and desires. In Jesus' Name, Amen."

Sermon Application Questions from Sunday's Message:

On Sunday, we continued our *At the Movies* series with snippets from the documentary *Free Solo*, which profiles Alex Honnold, a rock climber on a mission to perform a solo climb without ropes. But this is not just any solo attempt, but a climb up what's known as El Capitan or El Cap, which is about 3,000 feet from the base to the summit.

During the film, the crew captures Alex's detailed rehearsal and memorization of each step, turn, and reach. The crew discussed the many challenges (in addition to Alex's injury and doubt) of not putting Alex in danger with distractions from their equipment or being in his line of sight. After much preparation and discipline, Alex stepped out to start the journey one morning earlier than scheduled, but the team was ready and captured him making it to the top.

The film was symbolic of overcoming difficulties in our lives and can help us realize we were made for the impossible.

Discuss the following in your rGroup:

1. IDENTIFY YOUR MOUNTAIN. What difficulties are you currently facing?
2. MAKE THE PROPER PREPARATIONS. Are you connecting with others who may have gone through similar situations and circumstances? Have you worked on a plan of action?
3. PERSEVERE THROUGH OBSTACLES. Make space for failures. What have you given up on because you thought the journey would be too rough?
4. CLIMB THE MOUNTAIN. Pray, then take one step at a time. Relax. Breathe. Repeat.

Next Steps:

A great method for reading the Bible and praying daily is using our Bible Reading plan and getting a dGroup Journal. Visit <https://www.sdrock.com/ministries/dgroups/> for these recourses. Be sure to take time this week to review *The Bible Project*:

The Book of Ecclesiastes: <https://thebibleproject.com/explore/ecclesiastes/>

Song of Songs / Solomon: <https://thebibleproject.com/explore/song-of-songs/>

Monthly Memory Verse: Proverbs 3:5-6 (NKJV): *“Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths.”*

This Week's Bible Reading: Ecclesiastes 1-12; Song of Solomon 1-8