

The Space Between

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Ice-Breaker:

- Were you scared of the dark as a child? If so, how did you deal with it?

Discussion:

1. **The Space Between (or Liminal Space)** is a period in which something has been dissolved and a new thing has not yet emerged to take its place. It's that period of uncertainty, ambiguity, restlessness, fear, discomfort, and anguish. It's the space between, like when a trapeze artist lets go of one bar and doesn't yet know whether they will be able to catch the other bar.
 - What is liminal in your life right now? What feels uncertain about your future?
2. **Read Psalm 46:**
 - How is God's directive to "Be still and know" helpful?
 - How can you put that into practice on a regular basis?
3. **In Psalm 46:10, God says to be still and know, present tense.**
 - Do you find it easy or difficult in the midst of uncertainty and fear to "Be still and know"? Why?
 - How would acknowledging God's greatness and presence be beneficial in "the space between"?
4. **Read Matthew 6:34. Pastor Jason encouraged us to:**
 - 1) **Be in the present moment.**
 - Do you find it hard to really sit in the present moment, with God? How can you focus and allow God to walk through your current circumstance with you?
 - 2) **Stop catastrophizing.**
 - Do you have worst case scenario thinking? What do you think would need to happen to really put Philippians 4:8 into practice?
 - 3) **Be open to learning.**
 - What is it God is trying to teach you in "the space between?" What are you going to be able to relate to or carry with you from now on?

Personal Application:

- Pray and ask God to help you see your "space between" circumstance differently. Write down the things you believe God is teaching you through this season and make time to remind yourself of his presence and ability to be with you right now no matter what you are going through.