

We need to be careful about where and how we escape. Disappearing into the wrong things is dangerous and detrimental to our own wellbeing, as well as those around us. The Lord sees every angle of your issues and knows in detail what you deal with on a day-to-day basis. So trust Him. Run to Him with every problem and concern. If you're going to disappear, disappear into His love.

4. Ultimately, the Lord is our "Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace" (Isaiah 9:6b). In the space below write one way the Lord has proved these glorious titles to you personally:

Wonderful Counselor –

Mighty God –

Everlasting Father –

Prince of Peace –

"Let Him have all your worries, for He is always thinking about you, and watches everything that concerns you" (1 Peter 5:7, TLB).

DISAPPEAR

Text: Genesis 5: 18-24

The Plain Truth

If you are going to _____...
_____ into _____.

One Year Bible Reading

May 31: 2 Samuel 17:1-29, John 19:23-42, Psalm 119:129-152, Proverbs 16:12-13
June 1: 2 Samuel 18:1-19:10, John 20:1-31, Psalm 119:153-176, Proverbs 16:14-15
June 2: 2 Samuel 19:11-20:13, John 21:1-25, Psalm 120:1-7, Proverbs 16:16-17
June 3: 2 Samuel 20:14-21:22, Acts 1:1-26, Psalm 121:1-8, Proverbs 16:18
June 4: 2 Samuel 22:1-23:23, Acts 2:1-47, Psalm 122:1-9, Proverbs 16:19-20
June 5: 2 Samuel 23:24-24:25, Acts 3:1-26, Psalm 123:1-4, Proverbs 16:21-23
June 6: 1 Kings 1:1-53, Acts 4:1-37, Psalm 124:1-8, Proverbs 16:24

May 30 & 31, 2015

Disappear

Life Group Lesson • Week of May 31

When life gets difficult often our temptation is to run from our troubles and hide. While this is a natural tendency—after all, everyone needs to vacate from time-to-time and recharge—we must be careful. Feeling the need to escape incessantly, hiding from people, and desiring to disappear altogether are warning signals. If you are experiencing these urges at an unhealthy level, take a moment and assess the issues at hand. Consider what is causing you to lose your footing, so to speak, and fall into unhealthy traps. Some questions to ask—

Am I avoiding a relational issue that needs to be addressed?

Have I set goals too lofty for myself, so I see myself as a failure when I am unable to meet these unrealistic goals?

Have I been disillusioned by my boss or place of employment?

Have I been disappointed by the direction my children have taken?

Are the twists and turns of life causing me to disappear on a daily basis into the wrong things—like misuse of drugs, too much alcohol, overeating, or pornography?

Am I disappearing into things that appear to be okay on the surface—like work, shopping, dieting, or exercise—but I know it is in excess?

Am I disappearing into mindless activities like television or entertainment to the point I don't get anything else done?

Have I disappeared into an unhealthy relationship?

In the Scripture below, read about a man who knew where to hide. When the stresses of life press in, do you know where to run? Enoch did. He disappeared—but not into the things of this world—he disappeared into the LORD Himself.

Read Genesis 5:21-24 and Hebrews 11:5-6

1. Before Enoch was taken up, “he was known as a person who pleased God. And it is impossible to please God without _____” (Hebrews 11:5b-6a).

Why does it take faith to disappear with the Lord, and why is it important?

What happens to our faith when we disappear (run to, hide) with the Lord for a season—how are we strengthened and how are we refreshed?

Moses and Elijah are two other persons who walked in close fellowship with the Lord—to the point that one day they disappeared from this earth having finished their assignment (see Deuteronomy 34:5-6 and 2 Kings 2:11-15). While they were not perfect men, they did live by faith and not fear. Like all our heroes in the Bible, God knows we are not without flaw, but He calls us just as we are to trust Him and move steadfastly forward. He has a work for each of us. And though life can trip us up at times, God calls us to a faith that gets back on track when we mess up—a faith that is unwavering in the midst of mistakes, pain, disappointments, or isolation.

2. Think of a person of faith who has influenced your walk with the Lord. How did that person remain steadfast through trials?

What do you remember about their disappearing into God—in other words, what evidence (on the surface, around others, in public) revealed that they walked in close fellowship with the Lord (in the private places)?

It's important to evaluate where you run and hide when the stresses of life close in. Our families and those we love are counting on us to do the right thing—to recharge in the right places. Are you running away from God or are you running to the Lord when challenges arise? He knows everything you're facing. Jesus said, “Don't let your hearts be troubled. Trust in God, and trust also in me.” He also said, “Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world” (John 14:1 and John 16:33b). In fact, Jesus Himself would often go away to a quiet place and spend time with the Father. Of all people, He knows what it is like to be bombarded with demands, needy people, ridicule, and critique. Many times Jesus disappeared—but He knew where to recharge.

3. Like Jesus, we must learn that time alone *with God* gives us new strength to face the day. Read the following verses from the psalms and write down one take-away (a promise to you personally!) from each passage:

Psalm 9:9-10

Psalm 27:4-6

Psalm 32:6-8

Psalm 34:17-20

It's interesting that many of the psalms – which are full of promise, encouragement, and praise – came from a very difficult time in David's life. David was forced to flee from his home when King Saul became jealous and vowed to kill him. David (and his men) disappeared into the cave of Adullam, the strongholds of En-ge-di, and other hiding places in the Judean wilderness when Saul was in hot pursuit.

Though filled with sorrow and disappointment over Saul's threats, David became good at disappearing. But the thing is, David also disappeared more into God. He learned to rely upon the Lord, and the Lord strengthened his faith. Saul, however, disappeared more and more into mad rage. Threatened by David's integrity and close fellowship with the Lord, Saul's jealousy eventually led him to call for the murder of 85 of the Lord's priests and their families (see 1 Samuel 22:9-23).