



Small Groups

message discussion guide

Week 4 "These Crazy Times"

Pastor Steve Robinson, October 2-3, 2021

TABLE TALK

- Select one or two "Table Talk" cards to discuss with your group. – OR – Ask: Tell us about your water baptism experience, and what was it like?

1 John 2:2 (NIV)

He is the atoning sacrifice for our sins, and not only for ours but also for the sins of the whole world.

WARM UP

- Tell us about a time when you felt exhausted or overwhelmed in life.

INTRODUCTION

We've all faced moments where we felt exhausted and overwhelmed. This week's message talked about how we can navigate the "crazy" to find calm in the chaos of life. Pastor Steve Robinson gave us five secrets to manage stress in a healthy way.

DISCUSSION

1. Read 1 John 2:2. How does this verse help us when we're feeling stressed out?
2. What are some of the common sources of stress in life? Which of these affect you the most?
3. How do you typically cope with stress? (Is this good or bad?)
4. How does understanding who you are in Christ (your identity) help when facing stressful moments?
5. Take a moment to discuss: What matters the most in life? How does knowing this help navigate life's challenges?
6. How often do you spend time being still in God's presence and listening to Him speak? What would help you grow in this area?
7. Why is doing life together with others so important, especially during crazy times?
8. What are some things you enjoy doing to recharge physically, mentally, and emotionally? Are you doing this enough?

APPLICATION

If you could place your current stress level on a scale of 1 to 10, where would it be? What's something you can do this week to handle stress in a more positive way?

PRAYER

- Pray for anyone who responded to the application with a high level of stress in their lives.
- Pray that God would help each person to do life together with others and hear from God this week.
- Take prayer requests and pray for any needs in the group.