



# GROUPS DISCUSSION GUIDE

**WEEK** May 22 – 28

## MAIN IDEA

There is power in Christian community, especially when we face a crisis.

## CHECK IN (HIGHS & LOWS) 15 min

A great, quick way to catch the highlights of what is happening in the lives of the people in your group is to take turns quickly sharing the “highs & lows” of your week. High: What was the highlight of your week? Low: What was the low point of your week?

## SETTLE IN (ICE BREAKER) 10 min

1. What’s a giant crisis you’ve been through?

## DIG IN (UNDERSTANDING) 15 min

While we’ve been having fun with *At the Movies*, it’s not necessary for you to have seen the message or the movie to talk about the topics that are unearthed in these movies. We can still open the Bible together and reflect on God’s design for us as humans and believers.

1. Read Psalm 13:1-4. What are the five questions being asked in this passage? What is at the heart of each question?
2. Can you relate to these questions? Which question do you find yourself asking God when you are facing a crisis or a hard season?

3. It’s good that David is being honest and vulnerable with God. God can handle it. David is articulating his feelings. Just because he feels a certain way, doesn’t mean it’s true about God (example: it’s impossible for God to forget about anyone). Why do you think it’s a good thing to bring your honest feelings to God?
4. Read Psalm 13:5-6. Eventually David comes back around and “tells his feelings” the truth about God. He brings correct theology to his feelings and is comforted by these truths. How does God’s truth comfort you in difficult situations or seasons?
5. Read Galatians 6:2. How and why does carrying each other’s burdens fulfill the law of Christ?
6. How have you had your Christian friends help you carry a heavy burden? What did that mean for you? How did that help you get through it to the other side?
7. Read Romans 5:1-5. What powerful truths are being declared about why we can glory in our sufferings? Which part resonates with you?

## GEAR UP (APPLICATION) 20 min

1. Are you comfortable being honest with God about your feelings and perspective? Are you comfortable being honest with your community about any frustration or crisis you face? How can God or your community meet you in that space?
2. Do you allow for God’s Word and your community to remind you of God’s truth? What’s the best way for people to comfort you and remind you of truth when you are in these hard places?

## STEP UP (HOMEWORK) 5 min

1. Spend time this week being honest with God and a good Christian friend about what you’re facing in life. No issue is too big or small for God. Times of prayer and personal connection with others helps us process the inward spiritual reality our circumstances have stirred up.