



**FROM THE BIBLE**  
Psalm 102:25-28 (NLT)  
Isaiah 40:8 (NIV)  
Isaiah 46:9-10 (NLT)

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## MESSAGE TO CONVERSATION GUIDE

Week 3 | Greater Than Your Uncertainty

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1. We kicked off this message by talking about how change can be frustrating. We don't like it when our phones change or when the menu changes and our favorite items is gone. We don't even like to change seats in church! What are some changes that you don't like & why?
2. Do you experience the connection between change/uncertainty & stress/anxiety?
3. Psalm 102 is a a psalm of lament. The author is going through something & life feel unstable. Read Psalm 102:25-28 & talk about the following : *does God change? & where did the author get stability when his life was unstable?*
4. Corrie Ten Boom said, *never be afraid to trust an unknown future to a known God.* How does that quote help you with all the uncertainty of life?
5. Anxiety is the #1 mental illness in the US & is the result of overestimating danger in our life & underestimating our resilience. What are some things that make you anxious?
6. Joel said, *anxiety attacks when we amplify negative thoughts instead of amplifying God's words.* Are there any verses/themes in the Bible that use amplify sometimes to get through uncertain times? How has that helped?
7. Read Isaiah 46:9-10. Talk about how successful we are at predicting our own future & how God can anchor us when life is uncertain?
8. Joel said, *uncertainty is a tool that God uses to teach us to live by faith.* Have you experienced this in your life?
9. If you're struggling with anxiety right now, would you be willing to repeat this phrase for the reminder of the week : *The Lord is my helper, so I will have no fear! ?*



We're always looking for Bay Shore Group Leaders to use the 'Message To Conversation Guide' to facilitate a conversation about the message. Interested in starting a group? Let us know on the 'Connection Card' & we'll be in touch!