

JOURNEY together

Current Series:
Take Heart

**Disciples
growing together
in small groups**



In the face of so many trials, Jesus calls us to
“take heart” and remember the hope we have in Him.



1. What is robbing you?

What are we allowing to take away the hope, joy, and peace that God has provided us.

2. God is in Control.

Remembering God is in control helps us not to be overcome by stress and fear.

3. God understands you.

God became flesh. He was tempted as we are. He knows us better than we know ourselves.

4. God lives within you.

God is with us everywhere we go empowering us to accomplish what He has prepared for us in advance.

5. Satan is defeated.

The enemy seeks to convince us we are unwanted, defeated, and shameful. We must resist him, recognizing he has been defeated.

6. Faith in God brings hope.

We cannot have hope without a strong faith. God is faithful, trust in Him and be filled with hope.

7. Peace in the storm.

How can we experience peace during times of hardship, trial, or chaos.

8. Looking Forward.

The promise of eternity in Heaven fills us with joy and helps us endure.

9. Staying connected.

Relationship matters. Prayer, active faith, and fellowship with Christians help us to not lose heart.

10. Experiencing renewal.

While the world reminds us of our failures, God blots out our sins and offers the opportunity for new beginnings.



Step 1: GET REAL



What are you thankful for from the past week?

What struggles did you face?

What can you share from your personal Bible reading?

Where did you see God in your daily life?

Step 2: GET FED

Read – Acts 8:3; Matthew 26:31-35

- If you could go back and change anything about the past, what would you change?
- What unproductive ways do people sometimes handle failure?
- What long term effects can one's failures have on them if they do not let them go?
- What heroes in scripture also experienced failure?

Read – 1 Timothy 1:12-14; Philippians 3:12-13

- Why do people so often have such a hard time letting go of past failures?
- How was Paul able to move past his failures, “forgetting what lies behind?” (Phil 2:13)
- What does God's mercy and forgiveness have to do with us forgive ourselves?

Read – Titus 3:5; 2 Cor. 4:16-18; Colossians 3:10

- How does the Holy Spirit renew us when we are saved? (Titus 3:5)
- How does God continue to renew us “day by day” throughout our lives? (2 Cor 4:16-18)
- In what ways does God continual forgiveness and renewal give you hope?

Step 3: **GET ACTIVE**

Get active by doing one or all of these challenges:

- **Let go of past failures:** Write down any past failures that you are still holding on to. Each day this week pray for God to help you detach yourself from those failures. At the end of the week throw the list away.
- **Hold on to future hopes:** Likewise, write down one or more hopes that you have for the future (for your life, family, the church). Each day this week pray for God to help you hold on to those hopes. At the end of the week, keep the list and add to it in the future.