

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.

Putting our faith in God gives us hope. 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

Have you ever had anything stolen? What happened? How did it make you feel?

Read John 10:9-10

What does it mean to find pasture?

How does the thief steal this pasture from us? - What robs us of our peace?

Read Matthew 6:25-34

How does seeking God first help us during times of stress and fear?

How might our focus on future things rob us of today?

In this ongoing pandemic, how do we balance making wise decisions, while not being overcome by fear? How do we remain unified while taking different approaches?

Read John 16:33

What does it mean to “take heart” and how does Jesus enable us to do so?

How can we regain our hope and peace when we lose it?

Step 3: GET ACTIVE

Memorize an encouraging Scripture and quote it every morning this week and any time you feel overwhelmed.

Share it with anyone else you notice who may need encouragement.

Example: Be strong, and let your heart take courage, all you who wait for the LORD! Psalm 31:24 (ESV)