

# 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 – Psalm 42:1-3, 6-10

- Can you share about a time when things in your life or world felt out of control? What emotions or reactions do you remember having?
- Do we have the level of control that we often think we do? Why or why not?
- How can our desire for control get in the way of having faith that God is in control?

## Read – Deuteronomy 31:8; 2 Kings 6:15-19

- If God is in control, why does the world seem so out of control at times?
- Can you think of a story in scripture when things seemed hopeless, before God demonstrated that He was in control all along?

## Read – Ps. 46:1-7, 10; Colossians 1:15-18; Ps 146:3-5

- How can we have faith that God is still in control when our world or lives seem so unstable? How does believing that God is always in control bring you hope?
- Do we need to let go of control to learn to trust in God's control? Why or why not?

# Step 3: GET ACTIVE

Get active by doing one or all of these challenges:

- **One question:** Is there anything that you are trying so hard to control that it is starting to control you?
- **One prayer:** Ask God to help you release control over to Him anything that has been stealing your hope.
- **One note:** Write down two or three specific hopes that you have for the future, because you believe that God is in control. Share those hopes with two or three people this week.