

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

John 1:1,14; Luke 1:26-35; Matt. 1:22; Phil. 2:5-8

Who was the Word before the beginning? Ps. 90:2

What significance is there to Jesus being born of a human?

What strength can we find in Jesus as Immanuel? Matt. 28:20

Describe the downward progression of Phil. 2:5-8.

Matt. 4:1-11; Luke 4:1-13; Heb. 4:14-16; 1 Pet. 2:22

Was Jesus tempted to steal? To lie? To commit sexual sin?

Since Jesus was simultaneously both God and man, how could he have really even been tempted? James 1:13

Can I live the rest of my life without committing sin? Can I go a day without sin? 2 days? 1 John 2:1

When we're tempted, what will God give us if we will confidently approach his throne and ask for it?

Ps. 139:1-6; Matt. 6:8, 11; 10:29-31; Rev. 2:9-10

Describe how well God knows us. Does Luke 12:2-3 frighten you?

Since God knows what we need even before we ask, why do we really even need to ask? Who does it benefit?

What strength is gained in knowing that your hairs are numbered (not just counted, but actually numbered)?

What does it mean to be faithful even to the point of death?

Step 3: GET ACTIVE

*Make a resolute commitment to go
a whole week, without sinning.
Then come back and share with your
small group about how well you did.*