

MYTHBUSTERS

Preparation

- Read the scripture selection and discussion topics.
- Pray for your meeting and group members.
- Be welcoming and the first to smile!

Follow Up

- Remind people to pray and update the prayer journal if you have one.
- Give praise reports and updates.
- Follow up with your group midweek.

Content Summary

- Whether it's pride or stubbornness, we can often find ourselves in a situation that we thought we could handle... only to discover that we were in way over our heads. It isn't just situations, but we can find ourselves struggling to carry the load that life brings us. We often think that we have to carry the load on our own. We think we have to do it by ourselves. But God says something very different.

Scripture Selections

- 1 Peter 5:5-7

Icebreaker

- What is something you are uniquely good at?

Discussion Topics

- Share a humbling experience where you thought, “I got this,” but the reality was quite different.
- When you are struggling with something, how likely are you to ask for help? Why is it sometimes difficult to admit you need help?
- How do we know Jesus is willing to take our anxieties and worry on? Is it comforting knowing He cares, even about the smallest details of your life?
- Do you believe he has the power to do anything about it?
- What practice can you add to your life, in order to allow God to carry the load?