



"Dodging Distractions"

HOPE GROUP STUDY - Week of March 24, 2024

Let's review this week's message, "The Distraction of the Enemy Within"

1 Let's Talk & Pray

Ask everyone to share the following:

Why do you think it's hard to share about some of the battles we face in life? How has being in a Hope Group helped you to share some of those battles? After everyone has shared, pray for your time together.

2 Let's Read the Word

1 Samuel 17: 12-51; Ephesians 6:10-11

3 Let's Review the Main Idea

It's important to realize we are not alone! We all face times of hopelessness, turmoil, even depression. Many of us will deal with mental health issues in our lifetime. As challenging as that seems - we have hope, the God of all hope! And if we are going to walk in the hope God has for us, we may have to rise up and fight... but we need to fight in His power and also fight the right battle...

- DODGE getting into the wrong fight
- DETERMINE to fight the good fight
- DON'T fight in your own might

4 Let's Think

- Eliab was criticizing David. What is your reaction when you are criticized by someone close to you? What should we do in the face of criticism or when someone is "picking a fight" with us?
- How did David stay focused on the real enemy that day? Why did Eliab lose focus?

5 Let's Share

- Has there been a season of depression or anxiety in your life that stole your focus in life? What did you lose focus on?
- Ephesians 6 says to be strong in the Lord and in His might. What are some ways to receive God's strength in your life, even when it feels like you have no strength on your own? How have you experienced this?

6 Let's Grow

- What are some of your personal battles that have distracted you from the real battle in life?
- How can we recognize the battles that are meant to distract us?
- What "God" goal - what Goliath are you needing to see defeated in your life? What do you see God doing in your life as a result of this victory? Who in your life will also be blessed by this victory?

7 Let's Pray

Take a few moments to share prayer requests and pray for them and each other.

Easter is coming up this week!

Invite someone to join you this week at Hope!

- Good Friday Service, March 29th at 7:00pm
- Helicopter Egg Drop, Saturday, March 30th 11:00am - 1:00pm
- Easter Sunday, March 31st, 9:00am & 11:00am