Hope GROUPS
GROWING IN FAITH TOGETHER

"Trust God When Life Pulls Your Triggers
HOPE GROUP STUDY - Week of October 18, 2026

1 Let's Recap from last week!

Did anyone memorize this week's memory verse? Say the verse if you know it!
ICEBREAKER: From last week's study, what excuses have you stopped using in your priorities for God? After everyone shares, pray for your group time.

2 Let's Review the Message

David was a courageous man who had defeated Goliath, yet he found himself running for his life from King Saul. In 1 Samuel 21, David fled to Gath, the hometown of Goliath, carrying Goliath's own sword. Surrounded by people who recognized him as their enemy, David became afraid.
David's experience reminds us that even people of great faith experience fear. Courage does not mean we never feel afraid; it means we choose where to turn when fear comes.
We all have triggers that cause us to worry, withdraw, become angry, or lose our peace. But instead of allowing fear to control our responses, we can turn our worries into prayers, remember God's faithfulness, and lean on the support of Christian community.

3 Let's Read the Word

1 Samuel 21:1-12; Psalm 56:1-5
Philippians 4:6–7 and Matthew 6:31–33

4 Let's Think

- Why might being in Gath, the hometown of Goliath, have intensified David's fear?
- What does David's fear teach us about the reality that even courageous people experience moments of weakness?

5 Let's Share

- What tends to trigger fear or anxiety in your life? Is it uncertainty, conflict, rejection, financial pressure, health concerns, or something else?
- When you feel afraid, what is your usual first response? Do you worry, overthink, withdraw, become angry, eat, shop, gossip, or try to control everything?
- How has community, friendship, or church fellowship helped you through a challenging season?

6 Let's Do the Word

- Recognize your trigger. What situation is currently stealing your peace? Can you name the fear beneath your reaction?
- Notice your first response. When fear rises, what do you tend to do first? How could you replace that response with prayer and trust?

7 Let's Grow

- For the next seven days, practice moving from fear to faith whenever life pulls your triggers.
- At the end of each day, ask yourself: What triggered me today? How did I respond? Did I turn my worry into prayer? What did I learn about trusting God?
- Memorize Psalm 56:3 for next week!

8 Let's Pray

- Thank God that He can be trusted even when life pulls our triggers. Pray for courage and faith to bring each one to God.
- Pray together over any requests.

Coming Up at Hope
Oct 25 - Water Baptisms
Nov 4 - Night of Worship
Nov 14 - Men's Impact
Nov 17 - Hope Sisterhood / Hands of Hope
Sign up for all events in the Hope App!