



It's important that God's Word continues after the message. At Celebrate, we find that you will quite often talk over this week's message long after our experience is over. That's because God has impact. The Sermon Discussion Guide is designed to help you continue the conversation all week.

## The Worst Day of Your Life?

Greatness is something that many want, but few achieve; mostly due to the unwillingness to go through the process, do the work, or endure the pain. We just want the "sweetness without the sweat" as Pastor Keith stated. When we are given "more than we can handle" we fail to remember that it's *never* more than what God can handle. All we need to do is give it to Him.

### Four Things to Experience God in His Fullness:

1. **CRY** – The power of emotion can be intense. As Christians we need to give ourselves permission to show emotion and let our hearts break for the things that break God's heart. Being strong in Jesus doesn't mean we grow immune to our emotions. Share a time, if you are able, when you had a good cry about a hurt in your life or about something else you saw that hurt you.  
*1 Samuel 30:1; John 11:35; Hebrews 5:7-8*
2. **TRUST** doesn't come by chance, but by choice. Ways to encourage ourselves to trust in God are to – Be around godly **People** and embrace the **Word**. Do you trust that God can handle the things that you can't?  
*1 Samuel 30:6; Psalm 34:1-4; Psalm 23:4*
3. Look to the **FUTURE** – Hope doesn't show itself in the current circumstances, but if we stay the course and trust in God we find hope in knowing that He will lead us through the storms. If you want to see what God can do, you have to hold on to "down the road". What/who do you put your hope in?  
*Psalm 116:10; Jeremiah 17:7; Psalm 29:7; 2 Corinthians 4:16-18*
4. **FIGHT BACK** – Don't let the devil win. God gave his children a spirit of strength not one of timidity or passivity. Choose to live your life as a victorious Christian in order to honor that gift of strength. Can you recall a time when you fought back by using your "spirit of strength"? How did that make you feel afterward?  
*Colossians 2:15; Romans 8:37-39; 1 Samuel 30:17-18*

### What's Next

- What steps can you take to encourage yourself to trust God more?
- Make a plan to be in God's Word daily.
- Encourage someone today to help them find or build their trust in God.