

OVERFLOW

WEEK 1

Text Reference: 1 Timothy 1:14 (NLT)

Theme: God's grace fills us beyond what we could ever earn.

Big Idea: God pours His love and grace freely into us.

Hurt: We often feel like we need to earn love or approval, which leaves us insecure and exhausted.

Answer: God's grace is generous and free — He fills us with faith and love through Jesus.

Main Question: Where in your life do you struggle to believe that God's grace is truly free — and what would change if you lived like His love couldn't be earned or lost?

Follow-Up Questions:

1. When have you felt like you needed to prove yourself to God or others?
2. How is God's love different from human approval?
3. What does it mean that God is overflowing with grace?
4. Can you share a time when you experienced God's grace unexpectedly?
5. How could you show grace to someone else this week?