



# LIFEgroup STUDY GUIDE

## What you will need to supplement this guide:

1. A copy of the outline provided for notes on this message (copy from message or downloaded from the COASTAL APP).
2. A Bible or Bible APP to refer to verses.

## PURSUING LIFE TOGETHER

### SUNDAY MESSAGE REVIEW

**NOTE to the LIFEgroup Leader:** This guide is provided as a tool to assist you in facilitating a structured discussion with your group. When used in conjunction with the outline notes and a Bible this tool will ensure that your group will *Engage Authentically*. The questions are merely recommended “talk starters”. It is important for you to let God help you navigate through the conversation as you *pursue life together* as a group.

## OPEN IN PRAYER

## STARTER QUESTIONS:

**Where have you seen God at work in your life since we last met?**

**What stood out to you from the message this week?**

## MAIN IDEA:

- REVIEW THE MAIN TOPIC OF THE MESSAGE. Allow time for discussion
- READ THE MAIN SCRIPTURE FROM THE MESSAGE OUTLINE.

**How did this verse speak to you in your life?**

- REVIEW THE SUB-TOPICS of the MESSAGE.

Have someone read each of the verses that were highlighted in the message, and briefly discuss.

**Is there an area that you feel God is speaking to you through this message?**

## FINAL THOUGHTS:

- SUMMARIZE the main idea of this message.

**Would anyone like to share your thoughts about what we discussed today?**

**How can we pray for you as a group?**

## CLOSE IN PRAYER

## PERSON OF INTEREST

“Mary: When you’re stressed out”

*“God sent the angel Gabriel... to a virgin named Mary. She was engaged to be married to a man named Joseph... Gabriel appeared to her and said, ‘Greetings, favored woman! The Lord is with you!’ Confused and disturbed, Mary tried to think what the angel could mean. Don’t be frightened, Mary, the angel told her, for God has decided to bless you.”* Luke 1:26-30 (NLT)

*“**Confused** and **disturbed**, Mary tried to think what the angel could mean. Don’t be **frightened**, Mary, the angel told her, for God has decided to bless you.”* Luke 1:30 (NLT)

### What do you do when you’re stressed out?

- Stop trying to control everything in your life

*“Mary asked the angel, **‘But how** can I have a baby? I am a virgin’... the angel replied... ‘Nothing is impossible with God!’”* *“Mary responded, ‘I am the Lord’s servant, and I am willing to accept whatever He wants. May everything you have said come true.’”* Luke 1:34-38 (NLT)

*“Mary asked the angel, ‘But how can I have a baby? I am a virgin’... the angel replied... **‘Nothing is impossible with God!’**”* *“Mary responded, ‘I am the Lord’s servant, and I am willing to accept whatever He wants. May everything you have said come true.’”* Luke 1:34-38 (NLT)

*“**Trust God** from the bottom of your heart; **don’t try to figure out everything** on your own.”* Proverbs 3:5 (MSG)

*“God helps those who help themselves.”*

- Don’t isolate yourself

*“Mary didn’t waste a minute. She got up and traveled to a town in Judah in the hill country, straight to Zachariah’s house, and greeted Elizabeth.”* Luke 1:38-40 (MSG)

*“You are better off to have a friend than to be all alone... If you fall, your friend can help you up. But if you fall without having a friend nearby, you are really in trouble.”* Ecclesiastes 4:9-10 (CEV)

The strength of your inner world will determine  
**how well you hold up**  
when outer stress builds up.

- Strengthen your inner world
  1. By thinking about God’s Word

*“Mary quietly treasured these things in her heart and **thought** about them often.”*

Luke 2:19 (NLT)

*“For I know the plans I have for you,” says the Lord. “They are plans for good and not for disaster, to give you a future and a hope.”*

Jeremiah 29:11 (NLT)

*“God has said, “I will never leave you or let you be alone.”*

Hebrews 13:5 (NLV)

*“And we know that in everything God works for the good of those who love him, and are called according to his good purpose.”*

Romans 8:28 (NCV)

## 2. By declaring your trust in God

*“Mary said, “I am the Lord’s servant, and **I am willing** to do whatever he wants. May everything you said come true.”*

Luke 1:38 (TLB)