



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

PEACE/ANXIETY

“Trust in God”

*“Don’t let your hearts be **troubled**. Trust in God.”*

John 14:1 (NLT)

*“I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don’t be **troubled** or afraid.”*

John 14:27 (NLT)

“**Troubled**” = (Tarasso) stirred up; agitated; restless; fearful; distressed; anxious

Jesus says: *“Don’t let your hearts be **troubled**. **Trust** in God.”*

John 14:1 (NLT)

You can either have a troubled heart or a trusting heart

What does it mean to develop a TRUSTing Heart?

T - TURN everything over to Jesus

Jesus’ Promises:

- The Promise of Heaven (John 14:2) “How to know where you’ll spend eternity”
- The Promise of Purpose (John 14:10-12) “How to find real purpose for your life”
- The Promise of Answered Prayer (John 14:13-14) “How to hear from God”
- The Promise of the Holy Spirit (John 14:15-17) “How God encourages you through the Holy Spirit”
- The Promise of God’s Presence (John 14:21) “How experiencing God builds your faith”
- The Promise of Peace of Mind and Heart (John 14:27) “How to overcome worry!”

R - RECOGNIZE God’s Presence

*“...the Holy Spirit, who will help you and **always be with you**.”*

John 14:16 (CEV)

Jesus reminds them 9 times in just 3 chapters about the Holy Spirit:
(John 14:16, 17, 26; 15:26; 16:7, 8, 13, 14, 15)

‘Paraclete’ is the Greek word Jesus uses to describe the Holy Spirit.
It means comforter, encourager, or counselor.

“God is our refuge and strength, an **ever-present help** in times of trouble.”

Psalms 46:1 (GW)

“**Be still**, and know that I am God!”

Psalms 46:10 (NLT)

U - UNDERSTAND you won’t understand everything... for now.

Jesus: *“I have much more to say to you, but right now it would be **more than you could understand**.”*

John 16:12 (CEV)

S - SUFFER for doing what's right.

Jesus: *"I've told you these things to prepare you for rough times ahead. They are going to throw you out of the meeting places. There will even come a time when anyone who kills you will think he's doing God a favor. ...when the time comes and they start in on you, you'll be well-warned and ready for them."*

John 16:1-4 (Message)

T - TAKE God up on His offer to be His Child

"To all who received him, to those who believed in his name, (Jesus) gave the right to become children of God."

John 1:12 (NIV)

LORD'S SUPPER

"The Lord Jesus, on the night he was betrayed, took bread, and when he had given thanks, he broke it and said, "This is my body, which is for you; do this in remembrance of me."

1 Corinthians 11:23-24 (NIV)

"In the same way, after supper he took the cup, saying, "This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me." For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes."

1 Corinthians 11:25-26 (NIV)

"You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!"

Isaiah 26:3 (NLT)