

We are celebrating mothers today!

But don't forget that not everyone is celebrating today. Some want to be moms and can't. Some are missing mothers already in God's arms. Some have children but are still sad about those children who beat them to heaven already. Be sensitive to those who may be feeling a loss today.

SUNDAY MESSAGE REVIEW

NOTE to the Life Group 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 (last page of this guide) and a Bible, this tool will ensure that your group will *Engage Authentically*. The questions are merely recommended "discussion 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

SECOND WIND
“Overwhelmed: MARY”
May 14, 2017

“Lord, I am overwhelmed, please come to my help.” Isaiah 38:14b (NJB)

“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)

What do you do when you’re overwhelmed?

1. Stop trying to control everything

“Mary asked the angel, ‘But how can I have a baby? I am a virgin’... the angel replied... ‘Nothing is impossible with God!’” Luke 1:34 & 37 (NLT)

“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 1:38 (NLT)

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

2. Get help from others.

“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)

3. Let God strengthen you.

“You are blessed for believing that the Lord would keep His promise to you.” Luke 1:45 (GW)

Where to find strength:

- Thinking about God’s Word

“Mary quietly treasured these things in her heart and thought about them often.” Luke 2:19 (NLT)

- Praising God

“Mary responded, ‘Oh, how I praise the Lord. How I rejoice in God my Savior!’” Luke 1:46-47 (NLT)