



I. Teetering on the Edge

Key Truth: Be Wary of the Load You Carry

II. Self-Inflicted Instability

Jonah 1:1-3, 11-12

1:1-3

Jonah's Poor Choice

1:11-12

The Painful Consequence

Point: Poor Choices Bring Painful Consequences

III. Unavoidable Instability

Job 7:1-8; 42:1-2

7:1-8

How Job Feels

Point: The Lord Can Restore Your Equilibrium

IV. Leaving the Unbalanced Life

Community Group Review & Discussion

1. Review the message introduction. Summarize the major assertions and discuss the Key Truth being presented.

2. Investigate the Scripture passage(s) from the message. Note the the author, audience, context and themes in the passage(s).

3. Discuss the biblical concepts and truths that are in view with each Scripture passage.

4. Apply the Word to life. In a group discussion, discuss the challenges, benefits, means and goals, of living out the truth being conveyed in God's Word.

5. Pray for God to give wisdom, discernment and strength to each group member as they endeavor to live in obedience to God's Word.