

4. Bob's last point emphasized the importance of giving thanks for the good in the midst of the bad. If we do so, courage and trust in God in the middle of the current mess will be easier to hold onto. Take a few moments to think through the good in your life that you can be thankful for. Be sure to include the good things related to who God is and what He promises.

After you have time to reflect some, share a few with your group.

5. In 1 Peter 5:7, we are given instructions on how to handle the worry that often accompanies our struggles - 'Cast all your anxiety on him because he cares for you.' Are there any cares you have that you need to cast on him? Are there some you would like to share with your group for support?

Wrapping Up ...

Looking back over the message and what we discussed, what is one or two ways you can put what we talked about into action?

A great way to wrap up each week is to pray for one another. Praying for each other by name and then sharing how God answers our prayers and sustains us until he answers our prayers is one of the greatest blessings of being in a small group.

How can your small group pray for you this week?

Wisdom For Struggles

Pastor Bob Johnson, Grace Point Church, January 25th, 2015

Insights from Luke 22:39-46 What's Wrong With This Picture?

Four Keys For Struggles

1. **Life & Ministry will have _____**
(Luke 9:3, Luke 22:35-38, Isaiah 53:11-12, John 16:33)
2. **What we do _____**
affects how we handle it.
(Lk 22:39-46, Matthew 26:36-39, Mark 14:35-36, Philippians 2:4-7, Mark 1:35-37, Colossians 4:2)
3. **How to pray when struggling:**
 - ✓ **Jesus' prayer was _____**
(Luke 22:42, Matthew 6:7-13)
 - ✓ **Jesus' prayer was _____**
(Lk 22:42, Hab 1:2-4, Job 10:2-3, 18-22, Mat 27:45-46, Ps 22:1)
 - ✓ **Jesus' prayer was _____**
(Luke 22:42-44, 2 Cor 12:7-10, Luke 11:5-10, Luke 18:1-8)
 - ✓ **Jesus' prayer was _____**
(Lk 22:42, Gal 2:21, 2 Sam 12:13-25, 2 Cor 12:8-10, Heb 12:2-3)
4. **It is helpful to _____ for the good**
in the midst of _____.
(Colossians 4:2, Philippians 4:6-7)

This Week's Discussion Guide:

Welcome to week 2 of this small group quarter. For the next 10 weeks (including this week), our group will be meeting to encourage each other as we study the Bible together and support one another. Our last meeting will be the week of March 29th, which is the week before Easter.

Getting Started:

Do you notice any difference in your prayers when you are facing a major challenge as opposed to when things are going pretty smoothly?

In what circumstances is it easiest for you to pray? When is it the hardest?

We all have seasons of struggles in our lives. When you were growing up, which statement best captures how crisis was handled by the people you lived with?

- The sky is falling, we are all going to die!!!
- God's going to grow us through this
- Don't let anybody know we're in a crisis
- At least we know that God's here
- Ignore it and maybe it will go away
- We need to find out whose fault it is
- Repeatedly ask, "Why is this happening to us?"
- Let's pray about it
- other

Is how you face a struggle today any different from your response above related to your earlier examples of how to handle a struggle?

Quick Review:

Looking back over Luke 22:39-46 and your notes from this week's message, what new or not so new insight challenged you or was helpful to you?

Digging Deeper:

1. Psalm 77 is a good example of an honest prayer in the midst of a tough situation. After reading it, answer the following the questions:

How do you see Asaph honestly expressing his thoughts and emotions to God in this Psalm?

What helps Asaph gain perspective concerning this situation?

How can you balance being honest with God with not feeling like you are becoming a whiner or complainer?

2. Healthy communication with God is dependent on us being on good terms with him. Unfortunately, like any relationship, there can be roadblocks that we may or may not be aware of that erode and even cut off our communication with him. What potential roadblocks do the following verses describe?

Proverbs 28:13

Proverbs 21:13

Matthew 5:23-24

Mark 11:25

James 4:3-4

Is there one that you think people tend to forget more than others? Which one is the most important for you to remember?

3. Bob mentioned that what you do before the struggle affects how we handle the struggle (more specifically: how much strength we have in the struggle). What do the following passages suggest we need to understand or be doing in order to be prepared for a struggle or crisis?

Ecclesiastes 4:9-12

Matthew 7:24-27

James 1:2-4

Can you think of anything else that has helped you be prepared for a crisis?