

A faith that works when life doesn't

1. Share your feelings instead of stuffing them inside.

Share each other's troubles and problems, and so obey our Lord's command **Galatians 6:2 (TLB)**

We want you to know, friends, about the hardships that we suffered in the province of Asia. We were crushed. We were overwhelmed by great pressure. The burden was so heavy that we wondered if we were going to make it through it. **2 Cor. 1:8 (NLT)**

Confess your faults one to another, and pray for one another so that you may be healed. **James 5:16 (NLT)**

2. Serve someone suffering more than you.

The religion that God, our Father, accepts as pure and faultless is this: to care for orphans and widows who need help in their distress, and to keep yourself uncorrupted by the world. **James 1:27 (NIV)**

The generous prosper and are satisfied. And those who refresh others will themselves be refreshed. **Proverbs 11:25 (NLT)**

3. Control what's controllable and trust God for the rest.

You see, his (Abraham's) faith and his actions worked together. His actions made his faith complete. **James 2:22 (TLB)**

For your small group:

From the Lord of the rings:

"Everybody's experiencing this evil and everyone experiences pain in this day," said Frodo, "I wish it needs not have happened in my time."

Gandalf said, "Well so do I, Frodo. So do I. And so do all the people who live to see such times. But that is not for them to decide. All we have to decide is what to do with the times that we've been given."

- Are you feeling more like Frodo (depressed at what we are living through), or more like Gandalf (accepting it and wanting to move on)?

Read Psalm 46 together. Here are some questions to consider :

1. How could this psalm offer comfort and hope to a person who feels the bottom of their life has just fallen out?
2. What do we learn about the character and power of God in this psalm?
3. What is God doing when we are in a time of crisis?
4. God is called a refuge, a fortress, and a harbour. How have you experienced God as a safe haven and place of protection during this pandemic?
5. Describe a time when God gave you strength and courage to press on even when you felt you didn't have what it would take in your own power.
6. In the same way that God offers refuge through other people, he also offers strength. Three or four people can lift a bigger load than one person. If you need strength to press on in your life, how might your group members help lift some of the load with you?