



Rock Bridge Small Group Discussion Guide I am Not a Quitter – Part 2 PARTICIPANT GUIDE

Into the Word:

Read Psalm 46:1-11

- a) As a group, brainstorm all the attributes and characteristics of God that are highlighted, referenced or implied in these verses.
- b) If God is all of these things, why is it hard to trust Him and lean on Him when we are facing our own "trouble"?
- c) Re-read v. 10. Why is this important if God is to be our "refuge"?
- d) Imagine you are talking with a new Christian or a not-yet-Christian who is facing a challenge. They are struggling to trust anything beyond their present circumstance and their own ability. What would you share with them?

Apply the Word:

- a) In the sermon, Matt mentioned that it is often not WHAT we are facing but rather HOW we are facing it that causes us to be overwhelmed and want to quit. Share how you are processing this statement or how you have experienced it in your own life.
- b) Of the 5 "How's" mentioned in the message, which one most resonates with you and needs application in your life?

Message Review:

- The how of authority & sovereignty (how you really view God)
- The how of perspective: how you look at situations
- The how of community: who you walk with in life
- The how of source: how you draw strength
- The how of narrative: how you tell the story you are in

- c) Let's talk about our small group as a spiritual family & community. How well are we doing in actually knowing each other, encouraging faith, and walking with each through life? What can we do better to really live out the values and ideals of Christian community?

Prayer Time:

Pray for areas where group members need to be able to say, *"I can do all things through Christ who strengthens me."* Pray specifically for trust in the sufficiency of God and His promises.

ALSO, Please join us in prayer as a church for these things:

- For us to reach people around us with the good news of Jesus.
- For families to prioritize Jesus as we go back to school.
- New people to connect to small groups and get involved life in Christ.