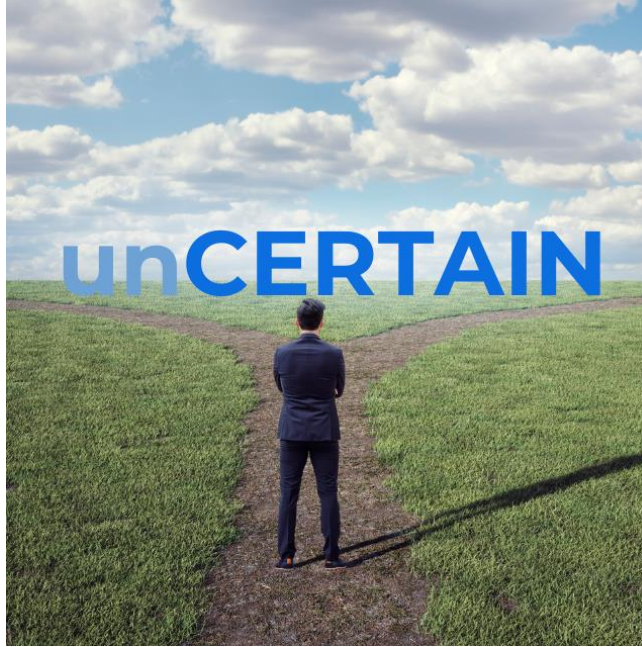


Sermon Title: When You Can't Take It Anymore
Scripture Used: Philippians 4:4-7; 1 Kings 19:1-12

Sermon Discussion Guide (1/29)



Introduction

Begin the discussion by checking in with each person present and share prayer requests/praises with the group. Then, have one person offer a prayer for the group making sure to include any prayer requests that were mentioned earlier.

After the prayer, ask each group member when was the last time they felt uncertainty in their life. Then ask them how they responded to that stress.

Points to Consider

Begin this time by reading Philippians 4:4-7 out loud. Discuss any initial thoughts you have about these verses.

What does this Scripture show us about how we are to act as Christians? Do you have any habits that get in the way of allowing you to live out these verses? Is there anything you should add to your life to encourage the lifestyle Paul discusses in these verses?

Read 1 Kings 19:1-12. Discuss Elijah's actions and God's willingness to intervene in Elijah's life. Have you ever been in a situation where you reacted in the same way as Elijah? If so, where did you see God working in the situation? Specifically, how was God providing for you or showing you His grace?

What does it mean to you that God will always be with us even when we make mistakes and try to run away from Him?

Pastor Kenny listed 4 mistakes that we make when we face uncertainty: we run ourselves ragged, we isolate ourselves, we obsess over the negative, and we forget what God has done. Do any of these mistakes resonate with you specifically? If so, which ones, and does identifying this mistake make you aware of any sin that you need to confess to God?

Read Matthew 6:25-34 paying close to verse 33. What is your reaction to these verses? What do these verses reveal about God and his willingness to provide for those who seek his kingdom?

Conclusion

Pastor Kenny concluded the sermon by encouraging us that even when things seem to be spiraling out of control, we have no reason to fear because our all-powerful God is always with us. What is one thing you can do this week to become more aware of God's presence you in your daily life, so you are able to better live out the commands from Philipians 4?

Conclude the meeting by offering a prayer to God. Ask God to make each group member more aware of His voice, or if you would like, pray this prayer written by Thomas Merton.

"My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think that I am following your will does not mean that I am actually doing so. But I believe that the desire to please you does in fact please you. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that if I do this you will lead me by the right road though I may know nothing about it. Therefore, I will trust you always though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone."

—Thomas Merton, *Thoughts in Solitude*.