

# SMALL GROUP DISCUSSION GUIDE

**At the End of My Rope - Week 4**



## CONNECT

Spend some time checking in. What are highs and lows since you last met? How can your group members pray for and support each other this week?

## GROW

When in your life have you found yourself saying “God, I’ve had enough!”

What causes us to feel, at times, like doing our best isn’t doing enough?

Where have you seen God’s *love* replace the *lies* you’ve been told or the lies you’ve told yourself?

When have you experienced God’s presence in something big or loud?

What changes when you listen for God in a gentle whisper?

## BIBLE

Read 1 Kings 19:1-12, Psalm 139:7-10; Philippians 4:4-5. What do you notice?

## PRAY

Gracious God, sometimes we find ourselves in a place where we have nothing left and it’s easy to lose hope. Restore us, lead us, and guide us when we’re at the end of our rope. Amen.

