

# **Making It Through Life's Storms**

## **(Participant Guide)**

### **Group Time**

#### **Introduction**

Storms are those difficult times we all encounter. As has often been mentioned here at Water of Life, if you're not in a storm today, you probably just got out of one or will soon enter one. They are part of life and they are never fun. However, we can choose to use them to grow in our spiritual walk. In fact, what we focus on, how we react, and who we look to when storms come, or just before they hit, impacts how we weather those storms. Let's see today what the Holy Spirit has to share with us about life's storms.

#### **Discussion Questions**

- 1.** Read John 16:33. What does the word "tribulation" mean within this passage? What can be considered a storm? What kinds of emotions do people, who are amidst a storm, tend to experience? Have you ever thought you could avoid storms by being good, rich, smart, beautiful or handsome? What are we promised in this passage?
- 2.** Read Matthew 14:22-32. Consider Peter in this story. Things were going well at first, so why did he fall into the water? Do you think this was an important lesson for Peter? Why/not? Read 1 Peter 5:10 and James 1:2-4. What can we learn from weathering a storm? Have you ever grown from a storm? Share.
- 3.** Like Peter, who sank in the storm, isn't that just what happens to us too often? We focus on the fearsome problem instead of our lord and savior, Jesus, and we begin to sink in self-pity and failure. What do you tend to think of first—what do you focus on—when a storm hits in your life (i.e. How do you react)? Share. Read Romans 8:38-39 and verse 28. When a storm hits, how can we use these verses to focus on Jesus

instead of the turmoil? What will be the practical effect of filtering every bad thing, every storm event, through the knowledge that we cannot be separated from Christ's love?

**4.** What do you do to prepare ahead of time for physical storms (rain, floods, fire, earthquakes)? Read Matthew 7:24-27. Consider the preparation you do to ensure that your spiritual house is built on the rock of faith in Jesus Christ and not shifting sand. Share. Read Hebrews 10:24-25, Matthew 18:20 and Galatians 6:2. What part can other people play in preparing you for life's storms and helping you through them? What steps can you take to better prepare yourself?

## **Taking it Home**

### **Going Deeper**

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### **Memory Verse**

John 16:33: "These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world."

### **Notes**

The Perspectives Curriculum is  
written by Small Groups volunteers at  
Water of Life Community Church.  
[www.wolgroups.com](http://www.wolgroups.com)