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## MESSAGE APPLICATION Guide

*Please feel free to pick and choose questions that relate best to you and your Life Group.*

### **Pack Your Bags – Week 2 Motion Sickness**

**ICE-BREAKER:** Do you tend to suffer from motion sickness when you travel? If so, what do you do to combat it?

How do you prepare for what's next when the anxiety of transition has you fighting motion sickness?

Talk about a time when you saw someone handle a difficult transition with extraordinary grace. What did you learn from watching that person?

**READ: Hebrews 6:16-20**

When your circumstances change, is it tempting to assume your relationship with God has changed in some way? Why or why not?

Hope is the most powerful anchor for our motion-sickened souls. Is that difficult for you to believe? Why or why not?

Think about previous periods of transition in your life. Have you ever placed your hope in something or someone that wasn't strong enough to anchor you? If so, what happened?

What is preventing you from trusting God as your anchor in whatever you're in the middle of?

What can you do to focus on your heavenly Father and make Him your anchor during this transition? How can this group support you?

If you want to fight the "motion sickness" caused by life's transitions, you need something to focus on. You need something to hold onto. You need an anchor.

How would you describe to a friend the hope that you have in Jesus Christ?

What storms (problems or troubles) currently threaten your sense of security?

Where is your hope anchored today?