

TALK NOTES

Name:

PART 3

One Thing:

In The _____ And The _____
I Will Be A _____ Of God.

Key Points:

- It's easy to serve others when things in our lives are going _____, but not when we are facing something _____.
- What did the woman have left in her home to eat?
- Why are some people afraid to bring up their hardships?
- We need to learn to release _____ of the things that trouble us and focus instead on _____.



PART 3

SPIRITUAL FITNESS

What is something that has or might happen that would make you feel like you are unavailable to help serve others? Why do you think that is?

When was a time someone helped you even though they had their own stuff to deal with? When was a time someone turned down helping you because they had their own problems to focus on?

How can focusing on helping and serving others help us in our own lives, too?
