“IN THIS LIFE YOU WILL HAVE TROUBLE...”

These are Jesus’ own words. And they should come as no suprise. We all face troubles in life.

In this six-week study, we'll take a close look at six troubles we face. And we’ll examine Jesus’ message to us, in summary, to Keep Calm And Carry On.

We have His hope, peace and guarantee. In response to our troubles, He says,

“...BUT TAKE HEART! I HAVE OVERCOME THE WORLD.”

JOHN 16:33
In this life, trouble will come our way. It’s a given. Failure. Temptation. Conflict. Lust. Pain. Betrayal. These are topics we’d like to avoid. But we won’t. It’s time we face them head-on.

Come back to Northview Church for services next weekend, April 11/12, as we kick off our series called Keep Calm And Carry On.

Over the next six weeks, we’ll take a close look at six troubles we face. But we aren’t just going to look at them. We’re going to dive in with the hope and redemption of Jesus in the midst of each one. We’ll confront this tough stuff in community with others, upholding Jesus’ message to Keep Calm And Carry On.

In John 16:33, Jesus says, “I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”
Whether you grew up a Christian or never set foot in a church, whether you are a mature Christian or on the fence, whether you are 18 or 80, whether you raise kids or raise cattle—Alpha is for everyone. The nine-week course gives you an opportunity to explore life’s big questions in a relaxed, friendly environment. Enjoy food, watch a short video and ask questions in a small-group setting. Come explore the validity and significance of the Christian faith in our lives today.

Register at northviewchurch.us.

Carmel, Westfield & Fishers Campuses
(held at the Carmel Campus)
Mondays 6:30-9 p.m.; April 27 - June 22
Alpha’s Day Away is Saturday, June 6
Contact Travis Rogers at alpha@northviewchurch.us
or 317.402.0975.

Greater Lafayette Campus
Mondays 7-9 p.m.; April 13 - June 15
at the Greater Lafayette Campus
Contact Dave Choutka at dave.choutka@northviewchurch.us
or 765.463.6825.
We believe you would get more out of this series by going through it in a group setting. That’s why we’ve developed this guidebook and instructions for gathering a group.

It’s really simple, and we have all the tools and tips to make it easy for you.

In a group setting, you will have the chance to dive deeper into the study topics by looking directly at Scripture and hearing stories from real people from our church family as well as a short teaching from Lead Pastor Steve Poe. Together, you’ll answer questions and discuss the content further.

We believe the group experience will greatly enrich the “Keep Calm And Carry On” teaching series for you, and we strongly encourage you to give it a try.

IN A GROUP SETTING, YOU WILL HAVE THE CHANCE TO DIVE DEEPER INTO THE STUDY TOPICS.
Here is how each session is broken down:

**IN REAL LIFE**
Getting to know your group is important in creating a strong foundation and building trust. You’ll begin each group meeting with a few simple questions to get you talking.

Each session has a few questions for participants to pick from. These light and fun openers are a great way to help people warm up to the idea of sharing in the group. Ideally, everyone will share for no more than a few minutes each.

**IN THE BIBLE**
In this section, you’ll read aloud passages of Scripture relevant to the week’s topic and discuss it using the questions provided. You can use your Bible, Bible app or the passages printed right in the guidebook.

The hope is to encourage you to go directly to God’s Word to find insight and understanding on each week’s topic.

This book has all the information you’ll need including a table of contents, introductory information, a study for each week and appendices. Just take the time before your first meeting to get familiar with the whole thing.

Use the guidebook as a guide, not a straightjacket. If the group responds to the lesson in an unexpected but honest way, go with that. If you think of a better question than the next one in the lesson, ask it. Take to heart the insights included in the Frequently Asked Questions pages.

If you approach each meeting with prayer and a little preparation, you will find this guidebook easy to use.

Before each week, take the time to review that week’s session. Make notes that will help you as you facilitate your group.
**IN-DEPTH LOOK**
After your Bible discussion, you will be prompted to start your DVD to hear a story.

There is power in a story. It’s when we learn we are not alone in our struggles. You will listen to someone from Northview with a powerful story of how God worked in their life through a difficult experience.

After the story, the DVD will move into a short teaching segment. You’ll then discuss the segment using the questions provided.

In this study, you’ll have an opportunity to go beyond Bible study to biblical living. This section also has a question or two that will challenge you to live out your faith by serving others, sharing your faith and worshiping God.

We encourage you to end your group time in prayer. You can go around the circle and take prayer requests. Use the Prayer Requests Log on page 125 to record your group’s requests.

**IN OTHER WORDS (DAILY SCRIPTURE)**
During the week, these Daily Scriptures and questions will help you continue to solidify the truth of the study into your heart and life.

Each Daily Scripture is designed to take about 5 minutes. We encourage you to take this opportunity to gain even more insight and confidence in God’s promises. You can do them each day or read it through all at once. Whatever works for you.
KEEP CALM AND CARRY ON: RECOVER FROM FAILURE AND CARRY ON
Lead Pastor Steve Poe @pastorstevepoe

RECOVER FROM FAILURE AND CARRY ON
IN REAL LIFE

Each of us has a story. When we share our stories with others, we begin to build trust and realize we are all the same in many ways.

EVERYONE GO AROUND THE CIRCLE AND ANSWER ONE OF THE FOLLOWING QUESTIONS.

What brought you here? What do you hope to get out of this group?

What is your favorite underdog success story?

Tell about a time when it felt like all the odds were against you, but you succeeded against the odds.
IN THE BIBLE

READ 2 CORINTHIANS 4:7-10, 16-18

7But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. 8We are hard pressed on every side, but not crushed; perplexed, but not in despair; 9persecuted, but not abandoned; struck down, but not destroyed. 10We always carry around in our body the death of Jesus, so that the life of Jesus may also be revealed in our body.

16Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. 17For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. 18So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

DISCUSS AS A GROUP

The phrase “jars of clay” was a common metaphor in the ancient world for human weakness. How does this verse help you understand how God uses failure in our lives?

Verse 16 says, “Therefore, we do not lose heart.” How was Paul able to not lose heart even though he describes his life as being hard-pressed, perplexed, persecuted and struck down?

In light of what Paul is saying in this passage, how do we interpret what verse 10 means for our daily lives?
In this section, we will apply the wisdom we’ve learned from the teaching and Bible study.

Use the notes space provided on this page to fill in the blanks from Steve’s talk and record key thoughts, questions and things you want to remember or follow-up on.

We all ___________________________.

**PSALM 19:12**

**LUKE 9:5**

**TWO POINTS ON HOW TO HANDLE FAILURE**

1. God isn’t surprised when we fail, but He cares how we ______________________.

**2 CORINTHIANS 4:1, 8-9**

2. Failure pushes us closer to our _________________.

**PHILIPPIANS 3:13-14**
DISCUSS

1. Go around the circle and answer the following question: Which of the two phrases best describes your feelings about failure and why?
   
   #1: Failure is not an option.
   #2: If at first you don’t succeed, try, try again.

2. If failure is a healthy part of achieving success, then how can perfectionism be counter-productive to achieving success?

3. Trying new things requires courage, but how do you know when you are taking on too much risk?

4. How would you define success for your life?

5. What is the difference between failing at something versus being a failure?

6. Steve said failure “pushes us closer to our purpose.” How does failure help shape us into the person God created us to be?

7. Romans 8:28 says, “And we know that in all things God works for the good of those who love him, who have been called according to his purpose.” What can this verse teach us about failure?

Close your meeting with prayer. Make sure to use the Prayer Requests Log on page 125.
DAY 1

What does it mean to you that God’s power is “made perfect in weakness”?

2 CORINTHIANS 12:9-10 But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me. That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

How can you boast in your weaknesses?

DAY 2

What hope does this verse give you regarding the faithfulness of God? How have you seen His faithfulness in your life when you’ve “stumbled”?

PSALM 37:23-25 The Lord makes firm the steps of the one who delights in him; though he may stumble, he will not fall, for the Lord upholds him with his hand. I was young and now I am old, yet I have never seen the righteous forsaken or their children begging bread.

Recall a time when God helped you in a time of need. Thank Him for His faithfulness. What did that time teach you?
DAY 3

PHILIPPIANS 3:13 Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

What benefit is there in “forgetting what is behind”?

What is the “goal” Paul is pressing on toward?

DAY 4

ECCLESIASTES 4:9-10 Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up.

We all fail, which means we all have hopefully learned from some of our mistakes. How can you use what you’ve learned to help others?

How can we lean on others in times of difficulty and failure?
DAY 5

ROMANS 8:31 What, then, shall we say in response to these things? If God is for us, who can be against us?

When it seems like the world is against you, willing you to fail, how does this verse give you hope?

One of the most common commands in Scripture is “be not afraid.” How does this passage speak to the fear we experience in our lives?

DAY 6

Use the following space to write any thoughts God has put on your heart during your study time this week.
RESIST TEMPTATION AND CARRY ON
IN REAL LIFE

EVERYONE GO AROUND THE CIRCLE AND ANSWER ONE OF THE FOLLOWING QUESTIONS.

When you were growing up, were you a rebel or a rule-follower?

At a pitch-in dinner, what food do you find is hardest to resist?
READ JAMES 1:13-17

13When tempted, no one should say, “God is tempting me.” For God cannot be tempted by evil, nor does he tempt anyone; 14but each person is tempted when they are dragged away by their own evil desire and enticed. 15Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death. 16Don’t be deceived, my dear brothers and sisters. 17Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.

DISCUSS AS A GROUP

1 Verse 13 indicates, “Don’t blame God for your sin.” Why do we tend to shift blame when we get in trouble?

2 Verse 14 says, “each person is tempted when they are dragged away.” Temptation and sin tend to grow in an environment of secrets and isolation. How does being connected to other Christians help us to avoid sin?

3 Verses 14-15 describe the predictable cycle of the attraction of sin to the consequences of sin. How does having the perception that sin leads to death help us to choose wisely?
In this section, we will apply the wisdom we’ve learned from the teaching and Bible study.

Use the notes space provided on this page to fill in the blanks from Steve’s talk and record key thoughts, questions and things you want to remember or follow-up on.

**LUKE 17:1**

**ROMANS 7:17-20**

God does not ______________ us. He does ______________ temptation.

3 WAYS TO FIGHT TEMPTATION

1. ________________ it.

2. ____________ God for help.

3. ________________ God’s Word.

LUKE 17:1

ROMANS 7:17-20

LUKE 17:1

Romans 7:17-20

God does not ______________ us. He does ______________ temptation.

3 WAYS TO FIGHT TEMPTATION

1. ________________ it.

2. ____________ God for help.

3. ________________ God’s Word.

LUKE 17:1

ROMANS 7:17-20

3 WAYS TO FIGHT TEMPTATION

1. ________________ it.

2. ____________ God for help.

3. ________________ God’s Word.
DISCUSS

1. Different people are vulnerable to different temptations. How can having an awareness of the vulnerable areas in our lives keep us from sin?

2. The Wall Street Journal recently published research findings summarized as:

   "People who excel at resisting temptation might have a secret strategy: They deliberately avoid situations in which their self-control might fail."

   Why do people so often overestimate their ability to resist temptation rather than avoiding it altogether?

3. At what times do you think you are more vulnerable to temptation, and how do you deal with it?

4. What strategies have worked in your life for dealing with and overcoming temptation?

5. 1 Corinthians 10:13 says, “No temptation has overtaken you that is not common to man. God is faithful, he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.”

   Sometimes temptation can feel insurmountable. In what ways does this verse give you hope?

6. If you do fall into temptation, what should you do?

Close your meeting with prayer. Make sure to use the Prayer Request Logs on page 125.
IN OTHER WORDS

DAILY SCRIPTURE
Each week, you can go deeper by reading Scripture each day for five days, along with having a few questions to consider. On the sixth day, you are invited to reflect on that week’s verses. This is a great way to stay engaged and continue growing throughout the week.

DAY 1

JAMES 4:6-7 Submit yourselves therefore to God. Resist the devil, and he will flee from you.

How does submission to God and resisting the devil go hand-in-hand?

DAY 2

2 CORINTHIANS 4:4 The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel that displays the glory of Christ, who is the image of God.

How do you see “the god of this age” (the devil) blinding unbelievers in our world today?

What truth has the enemy tried to blind you from in your life?
DAY 3

Who do you sometimes mistake your battle to be against?

How does the picture of this “dark world” open your eyes to how the enemy is at work?

DAY 4

What does the promise that “God is faithful” mean to you in the fight against temptation?

Does it feel like you’re being tempted “beyond what you can bear”? What can you do differently today to trust God’s promise is true so you can endure?

EPHESIANS 6:12 For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

1 CORINTHIANS 10:13 No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.
DAY 5

HEBREWS 4:15-16 For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

What comfort do you take in knowing Jesus was also faced with temptation?

Do you approach God’s throne with confidence?

DAY 6

Use the following space to write any thoughts God has put on your heart during your study time this week.
RESOLVE CONFLICT AND CARRY ON
How was conflict handled in your home when you were growing up?

Who is one television character you know you would not get along with? Why?
IN THE BIBLE

HAVE SOMEONE READ THE PASSAGE OR GO AROUND THE CIRCLE AND HAVE EVERYONE READ A VERSE ALOUD. THEN READ THE QUESTIONS AND DISCUSS AS A GROUP.

READ JAMES 4:1-12

1What causes fights and quarrels among you? Don’t they come from your desires that battle within you? 2You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight. You do not have because you do not ask God. 3When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures.

4You adulterous people, don’t you know that friendship with the world means enmity against God? Therefore, anyone who chooses to be a friend of the world becomes an enemy of God. 5Or do you think Scripture says without reason that he jealously longs for the spirit he has caused to dwell in us? 6But he gives us more grace. That is why Scripture says: “God opposes the proud but shows favor to the humble.”

7Submit yourselves, then, to God. Resist the devil, and he will flee from you. 8Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. 9Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom.

10Humble yourselves before the Lord, and he will lift you up. 11Brothers and sisters, do not slander one another. Anyone who speaks against a brother or sister or judges them speaks against the law and judges it. When you judge the law, you are not keeping it, but sitting in judgment on it. 12There is only one Lawgiver and Judge, the one who is able to save and destroy. But you—who are you to judge your neighbor?

DISCUSS AS A GROUP

1This passage opens with a discussion of conflict in the church. What types of things cause fights and quarrels in churches today?

2James concludes often conflict is the result of not getting our way. How do you communicate and manage expectations in your relationships?

3In verses 6-10, how would you summarize the qualities of a person who is truly sorry for what they have done and not just sorry they got caught?
In this section, we will apply the wisdom we’ve learned from the teaching and Bible study.

Use the notes space provided on this page to fill in the blanks from Steve’s talk and record key thoughts, questions and things you want to remember or follow-up on.

God didn’t design us to do life _________________.

We are clearly called to___________________.

**STEPS TO HEALTHY CONFLICT**

1. ________________ yourself.

   **MATTHEW 7:3-5**

2. Don’t___________________.

   **MATTHEW 5:23-24**

   **MATTHEW 18:15-16**

   **MARK 12:30-31**
DISCUSS

1. Why do you think it can be so difficult to resolve conflict constructively?

2. Go around the circle and share, in what environments do you tend to be a “conflict avoider” and when do you tend to be a “conflict engager”?

3. When somebody hurts you, how do you know when to address it with them or when to “let it go”?

4. Matthew 5:23-24 says, “Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift.” How do we apply this verse to our life?

5. How do you want to be approached when someone is upset with you?

6. The Bible uses the following metaphor for resolving conflict “…first take the log out of your own eye, and then you will see clearly to take the speck out of your brother’s eye.” (Matthew 7:5) Why do you think it is generally easier to see the faults of others than it is to see how you have contributed to the conflict?

Close your meeting with prayer. Make sure to use the Prayer Requests Log on page 125.
**DAY 1**

**Which of these behaviors is the most difficult for you to “put away”?**

**What does it mean to be “tenderhearted” toward others?**

---

**DAY 2**

**JAMES 1:19-21** My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires. Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you.

**What instructions are we given for healthy relationships in this passage?**

**What are some examples of “moral filth” and “prevalent evil” in our world?**

---

**DAILY SCRIPTURE**
Each week, you can go deeper by reading Scripture each day for five days, along with having a few questions to consider. On the sixth day, you are invited to reflect on that week’s verses. This is a great way to stay engaged and continue growing throughout the week.
DAY 3

What is the one step we are instructed to follow that allows us to become a healthy body?

We all have a role in the body of Christ. Even if we are faithful in our role, how does conflict disrupt its work?

**EPHESIANS 4:15-16** Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. 16 From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.

DAY 4

If you love life and desire to live a long life, what are you to do?

How can you “pursue” peace in your life?

**PSALM 34:12-14** Whoever of you loves life and desires to see many good days, 12 keep your tongue from evil and your lips from telling lies. 14 Turn from evil and do good; seek peace and pursue it.
DAY 5

When Jesus was asked the greatest commandment, he gave the answer and added the second. Why is it significant that he puts these two commandments together?

Who is your “neighbor”?

MARK 12:30-31 Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. 31 The second is this: ‘Love your neighbor as yourself.’ There is no commandment greater than these.

DAY 6

Use the following space to write any thoughts God has put on your heart during your study time this week.
SERMON NOTES - WEEK 4
KEEP CALM AND CARRY ON: TURN FROM LUST AND CARRY ON
Lead Pastor Steve Poe @pastorstevepoe

TURN FROM LUST AND CARRY ON
IN REAL LIFE

EVERYONE GO AROUND THE CIRCLE AND ANSWER ONE OF THE FOLLOWING QUESTIONS.

Did your parents have the “birds and bees” talk with you when you were growing up or did they ignore the subject altogether?

What is your best “worst date” story?
IN THE BIBLE

READ 2 SAMUEL 11:2-17, 26-27

2One evening David got up from his bed and walked around on the roof of the palace. From the roof he saw a woman bathing. The woman was very beautiful, 2and David sent someone to find out about her. The man said, “She is Bathsheba, the daughter of Eliam and the wife of Uriah the Hittite.” 3Then David sent messengers to get her. She came to him, and he slept with her. (Now she was purifying herself from her monthly uncleanness.) Then she went back home. 4The woman conceived and sent word to David, saying, “I am pregnant.” 5So David sent this word to Joab: “Send me Uriah the Hittite.” And Joab sent him to David. 6When Uriah came to him, David asked him how Joab was, how the soldiers were and how the war was going. 7Then David said to Uriah, “Go down to your house and wash your feet.” So Uriah left the palace, and a gift from the king was sent after him. 8But Uriah slept at the entrance to the palace with all his master’s servants and did not go down to his house.

10David was told, “Uriah did not go home.” So he asked Uriah, “Haven’t you just come from a military campaign? Why didn’t you go home?”

11Uriah said to David, “The ark and Israel and Judah are staying in tents, and my commander Joab and my lord’s men are camped in the open country. How could I go to my house to eat and drink and make love to my wife? As surely as you live, I will not do such a thing!”

12Then David said to him, “Stay here one more day, and tomorrow I will send you back.” So Uriah remained in Jerusalem that day and the next.

13At David’s invitation, he ate and drank with him, and David made him drunk. But in the evening Uriah went out to sleep on his mat among his master’s servants; he did not go home.

14In the morning David wrote a letter to Joab and sent it with Uriah. 15In it he wrote, “Put Uriah out in front where the fighting is fiercest. Then withdraw from him so he will be struck down and die.”

16So while Joab had the city under siege, he put Uriah at a place where he knew the strongest defenders were. 17When the men of the city came out and fought against Joab, some of the men in David’s army fell; moreover, Uriah the Hittite died.

26When Uriah’s wife heard that her husband was dead, she mourned for him. 27After the time of mourning was over, David had her brought to his house, and she became his wife and bore him a son. But the thing David had done displeased the Lord.

DISCUSS AS A GROUP

1 David would not have been able to hurt the people he did if it were not for the position of power he held. Why do you think power tends to corrupt?

2 David’s initial sin of lust eventually led him down a path of adultery, murder and deceit. What does this pattern teach us about the nature of sin in our lives?

3 David was known by God as “a man after my own heart” (Acts 13:22, 1 Samuel 13:14). How does this look at the brokenness of David’s life shape your view of God?
In this section, we will apply the wisdom we’ve learned from the teaching and Bible study.

Use the notes space provided on this page to fill in the blanks from Steve’s talk and record key thoughts, questions and things you want to remember or follow-up on.

Thought is ______________________ in rehearsal.

FOUR WAYS TO OVERCOME LUST

1. __________________ your needs.
2. __________________ to the consequences.
3. __________________ areas of temptation.
4. __________________ God to give you the victory.

JAMES 1:14-15
MATTHEW 5:27-30
GENESIS 39:12
PSALM 32:5
ROMANS 8:1
Note: Your conversation may be more open if you split up the group so that men and women discuss separately.

Consider how far media has come. In 1952, the “I Love Lucy” show was prohibited from using the word “pregnant” on the air. In 1971, “All In The Family” made waves by airing the first audible toilet flush. So, how do you think we arrived at the accepted standards in our media today?

Our culture would have us believe that erotic novels and pornography are a harmless escape that can spice up a relationship. Discuss as a group why lust can be so damaging to a relationship.

Statistics show there is little difference in the use of pornography between those who claim Christianity and those who don’t. Why do you think there is so little difference?

Read Jesus’ words in Matthew 5:27-28 (MSG), “You know the next commandment pretty well, too: ‘Don’t go to bed with another’s spouse.’ But don’t think you’ve preserved your virtue simply by staying out of bed. Your heart can be corrupted by lust even quicker than your body. Those leering looks you think nobody notices—they also corrupt.”

What do you think Jesus means when he says, “your heart can be corrupted by lust”?

How do we protect ourselves and our kids from the dangers of pornography?

Lust can become an addictive pattern that is hard to break. How would you suggest a person gain freedom in this area?

Close your meeting with prayer. Make sure to use the Prayer Requests Log on page 125.
DAY 1

What is the difference between sin outside the body and sin against your body?

How is sexual sin a sin against yourself?

DAY 2

1 THESSALONIANS 4:3-5 It is God’s will that you should be sanctified: that you should avoid sexual immorality; “that each of you should learn to control your own body in a way that is holy and honorable, "not in passionate lust like the pagans, who do not know God;

What does it mean to be “sanctified”?

According to this passage, what is God’s will for us?
**DAY 3**

PSALM 119:9-10 How can a young person stay on the path of purity? By living according to your word. I seek you with all my heart; do not let me stray from your commands.

What is the one step we are instructed to follow allowing us to become a healthy body?

The Psalmist is crying out to God for help to remain pure. Do you call out to God with this kind of passion?

Do you truly trust God’s Word is the path to purity?

**DAY 4**

HEBREWS 13:4 Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral.

How is marriage “honored by all” according to God’s command?

The devil has deceived our culture into making sex cheap and free of consequences. What does this verse teach you about the seriousness of God’s commands regarding sexual purity?
DAY 5

Psalm 32:3-5 When I kept silent, my bones wasted away through my groaning all day long. “For day and night your hand was heavy on me; my strength was sapped as in the heat of summer. Then I acknowledged my sin to you and did not cover up my iniquity. 4 I said, “I will confess my transgressions to the Lord.” And you forgave the guilt of my sin.

How does the Psalmist describe what happens when we do not confess our sins to God?

Why does God want us to confess our sin?

DAY 6

Use the following space to write any thoughts God has put on your heart during your study time this week.
HEAL FROM PAIN AND CARRY ON
IN REAL LIFE

EVERYONE GO AROUND THE CIRCLE AND ANSWER ONE OF THE FOLLOWING QUESTIONS.

Where do you fall in the birth order of siblings in your family and how do you think it has affected your personality?

How old were you when you first broke a bone and how did it happen?
IN THE BIBLE

START BY READING THE FOLLOWING SUMMARY OF RESPONSES FROM JOB’S FRIENDS ABOUT HIS PAIN. THEN READ THE QUESTIONS AND DISCUSS AS A GROUP.

JOB 5 (ELIPHAZ) Suffering means God is disciplining you. If you repent, everything will be well.

JOB 8 (BILDAD) People get what they deserve. God does not allow the blameless to suffer.

JOB 11 (ZOPHAR) By saying you are righteous, you mock God. You actually deserve more punishment than you are currently receiving.

JOB 18 (BILDAD) Do you think we are stupid? Punishment is for the wicked.

JOB 33 (ELIHU) God is not unjust, so you must deserve this. God speaks, and you are obviously not listening. The purpose of suffering is to keep you from hell.

After Job hears from God, this was his response in Job 42:1-7:

“Then Job replied to the Lord: 2"I know that you can do all things; no purpose of yours can be thwarted. 3You asked, ‘Who is this that obscures my plans without knowledge?’ Surely I spoke of things I did not understand, things too wonderful for me to know. 4“You said, ‘Listen now, and I will speak; I will question you, and you shall answer me.’ 5My ears had heard of you but now my eyes have seen you. Therefore I despise myself and repent in dust and ashes.” 7After the Lord had said these things to Job, he said to Eliphaz the Temanite, “I am angry with you and your two friends, because you have not spoken the truth about me, as my servant Job has.”

DISCUSS AS A GROUP

1. The advice of Job’s friends was both hurtful and inaccurate. What are some unhelpful or misguided things you have heard said to people who are hurting?

2. In verse 5 Job said, “I had heard of you by the hearing of the ear, but now my eye sees you.” What do you think this means?

3. How did Job view God differently as a result of all he had been through?
In this section, we will apply the wisdom we’ve learned from the teaching and Bible study.

Use the notes space provided on this page to fill in the blanks from Steve’s talk and record key thoughts, questions and things you want to remember or follow-up on.

Pain is a _______________ to deeper intimacy with God.

**3 WAYS GOD USES PAIN**

1. To _______________ us.

   **PROVERBS 20:30**

   **LUKE 14:14-18**

2. Pain is a _______________ in our lives.

   **ISAIAH 48:10**

   **EPHESIANS 6:13-14A**

3. To _______________ us.

   **JAMES 1:2-4**

---

PLAY THE DVD TO HEAR A STORY FROM SOMEONE IN OUR CHURCH WHO HAS FACED PAIN IN HIS OR HER LIFE.
DISCUSS

1. It has been said God never wastes a hurt. When and how has God used a painful experience in your life to help another person?

2. Pain has a way of overtaking our lives. How do we keep pain from consuming and defining us?

3. Sometimes when someone we love is hurting, we want to help but don’t know what to do. How do you love someone well when they are hurting?

4. How is our reaction to pain in our life a measure of our trust in God?

5. Steve said, “God uses pain to move us to new places.” How does God sometimes use pain in our lives to bring about needed change?

6. What pains are you currently experiencing and how can we pray for you?

Close your meeting with prayer. Make sure to use the Prayer Requests Log on page 125.
DAY 1

Explain how godly sorrow leads to repentance.

Explain how worldly sorrow brings death.

DAY 2

ROMANS 8:18 I consider that our present sufferings are not worth comparing with the glory that will be revealed in us.

What or who are you typically guilty of comparing your pain with?

The “glory” promised includes full restoration and eternity in heaven. What hope do you feel from this Scripture?
DAY 3

JOB 1:21 “Naked I came from my mother’s womb, and naked I will depart. The Lord gave and the Lord has taken away; may the name of the Lord be praised.”

What point is Job making about entering and leaving the world “naked”?

Job’s pain is unimaginable. What does his decision to praise God anyway mean to you? Are you able to praise God in the midst of the pain of life?

DAY 4

ISAIAH 48:10 See, I have refined you, but not as silver; I have tested you in the furnace of affliction.

We all deserve death for the sin in our lives. How is God’s refining process an act of love toward us?

Why does He test us? What does He desire in the end?
DAY 5

What comfort is there in knowing you are not suffering alone?

1 PETER 5:9-10 Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings. 10 And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.

What will God lovingly do Himself after you've suffered “a little while”?

DAY 6

Use the following space to write any thoughts God has put on your heart during your study time this week.
KEEP CALM AND CARRY ON: OVERCOME BETRAYAL AND CARRY ON
Lead Pastor Steve Poe @pastorstevepoe
IN REAL LIFE

EVERYONE GO AROUND THE CIRCLE AND ANSWER ONE OF THE FOLLOWING QUESTIONS.

Who is somebody you admire for persevering through difficult times?

If your life was a television show, what would its title be?
IN THE BIBLE

READ MATTHEW 26:47-56

47“While he was still speaking, Judas, one of the Twelve, arrived. With him was a large crowd armed with swords and clubs, sent from the chief priests and the elders of the people. 48Now the betrayer had arranged a signal with them: “The one I kiss is the man; arrest him.” 49Going at once to Jesus, Judas said, “Greetings, Rabbi!” and kissed him. 50Jesus replied, “Do what you came for, friend.” Then the men stepped forward, seized Jesus and arrested him. 51With that, one of Jesus’ companions reached for his sword, drew it out and struck the servant of the high priest, cutting off his ear. 52“Put your sword back in its place,” Jesus said to him, “for all who draw the sword will die by the sword. 53Do you think I cannot call on my Father, and he will at once put at my disposal more than twelve legions of angels? 54But how then would the Scriptures be fulfilled that say it must happen in this way?” 55In that hour Jesus said to the crowd, “Am I leading a rebellion, that you have come out with swords and clubs to capture me? Every day I sat in the temple courts teaching, and you did not arrest me. 56But this has all taken place that the writings of the prophets might be fulfilled.” Then all the disciples deserted him and fled.

HAVE SOMEONE READ THE PASSAGE OR GO AROUND THE CIRCLE AND HAVE EVERYONE READ A VERSE ALOUD. THEN READ THE QUESTIONS AND DISCUSS AS A GROUP.

DISCUSS AS A GROUP

1. What could have motivated Judas to betray his close friend?

2. What emotions must Jesus have been feeling as He anticipated His crucifixion and felt the betrayal of His friend?

3. What do verses 51-53 teach us about how to respond to betrayal?
In this section, we will apply the wisdom we’ve learned from the teaching and Bible study.

Use the notes space provided on this page to fill in the blanks from Steve’s talk and record key thoughts, questions and things you want to remember or follow-up on.

Betrayal is a violation of ____________________.

2 STEPS TO MOVE TOWARD RESTORATION

1. We must ____________________.

Forgiveness is an act of ______.

2. We must offer grace, _____________ and ________________.

MATTHEW 26:47-50

ROMANS 12:19

COLOSSIANS 3:13

JOHN 13:21, 34-35
DISCUSS

1. Betrayal is one of the most painful human experiences. What are some reasons why betrayal is so painful?

2. The Bible says, “Do not take revenge .... It is mine to avenge; I will repay.” (Romans 12:9) Why do you think God prohibits us from seeking revenge?

3. How do you know when you have truly forgiven someone?

4. How do you know whether to rebuild a relationship after a betrayal or whether to forgive and move on?

5. How do you rebuild trust once it’s broken?

6. What lessons have you learned from betrayal in your life?

Close your meeting with prayer. Make sure to use the Prayer Requests Log on page 125.
**DAY 1**

*Again this week we see how the way we treat people matters greatly to God. What does it mean that this Golden Rule sums up the “Law and the Prophets”?*

**DAY 2**

*ROMANS 12:19 Do not take revenge, my dear friends, but leave room for God’s wrath, for it is written: “It is mine to avenge; I will repay,” says the Lord. What does it mean to “leave room” for God’s wrath?*

*How have you seen God faithful to this promise in your life?*
DAY 3

PSALM 118:8 It is better to take refuge in the Lord than to trust in humans.

As we go through life and relationships, people will always disappoint us, because they are not our Savior. What does it mean to “take refuge” in Him?

DAY 4

COLOSSIANS 3:13 Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.

Describe what it means to “bear” with each other? Why is this hard? Why is this necessary?
DAY 5

Often we can’t understand why God allows us to go through difficult times, but we can trust Him because of what promise in this verse?

What does this verse say we have been “called” to?

DAY 6

Use the following space to write any thoughts God has put on your heart during your study time this week.
APPENDICES
RESOURCES TO HELP YOUR SMALL GROUP
All of us have faced the challenges we address in this series. “Keep Calm and Carry On” is a great opportunity to invite your friends, family, coworkers and neighbors to do a six-week Bible study with you in your home. The topics of failure, temptation, conflict, lust, pain and betrayal are topics that are relevant and will resonate with most anyone you might invite.

If your group starts with just a few people, that’s all right. Include the group in this process of inviting people. The ideal Life Group size is between 10 and 14 adults, but it is fine to start smaller and grow.

Take a look at the Circles of Life diagram below and write the names of two or three people you know - especially people who do not know Christ. Commit to pray for God’s guidance and an opportunity to invite them.
HOW TO HOST A GROUP

Hosting a group is as simple as opening your home, reading Scripture and questions aloud and playing a DVD. After your first meeting, you’ll find your group will fall into a familiar rhythm. Here are a few tips for you as you get ready for your first meeting:

POUR ON THE HOSPITALITY
Keep in mind for many people, the thought of going to someone’s house to have a “spiritual conversation” can be intimidating. It can trigger all kinds of insecurities. So, even little things, from your email communication to the way you greet them at the door, will go a long way toward easing their fears.

PROVIDE NAME TAGS
If the group does not know each other, nametags are a great way to accelerate connection within the group.

START WITH INTRODUCTIONS
Go around the circle and have everyone introduce himself or herself. A good introductory tool is to have everyone use the acronym FORD, which stands for telling a little bit about Family, Occupation, Recreation and Dreams.

USE THE LIFE GROUP GROUND RULES
The key to getting off on the right foot is to appropriately discuss and set expectations. Start the study by reading through the Life Group Ground Rules on page 123.

FOR MORE INFORMATION ABOUT THE WAY WE ENCOURAGE FOLKS TO FACILITATE THEIR GROUPS, CHECK OUT THE FREQUENTLY ASKED QUESTIONS ON PAGE 118.
FREQUENTLY ASKED QUESTIONS

HOW DO I STRUCTURE A MEETING?
The following is an example of how one group structures their meeting. Other groups will vary the structure to fit their group’s personality.

- 7 - 7:30 p.m. Welcome/Snacks: People will arrive at different times, and this allows everyone to meet each other informally and catch up with one another prior.

- 7:30 - 8 p.m. Introduction: Each of us has a story. The events of our life—good, bad, wonderful or challenging—have shaped who we are. As you start the study say, “I will go first and then we will go around the circle to my right.” As you pick one of the questions and answer first, you set an example of how much detail to give and time to take in answering the question.

- 8 - 8:45 p.m. In the Bible, In Real Life and In-Depth Look: Read the Scripture and answer the discussion questions, watch the video and discuss the application questions. If you don’t make it through all of the questions, that’s OK. The questions are there to spark good discussion. Be willing to be flexible.

- 8:45 - 9 p.m. Prayer: Group members will share prayer requests and the group prays together. For some people in the group, this will be the first time they have ever prayed out loud. Please remember to be patient with them and avoid putting them on the spot.

HOW DO WE HANDLE THE CHILDCARE NEEDS IN OUR GROUP?
Very carefully. Seriously, this can be a sensitive issue. We suggest you empower the group to openly brainstorm solutions. You may try one option that works for a while and then adjust over time. Our favorite approach is for adults to meet in the living room or dining room and to share the cost of a babysitter (or two) who can watch the kids in a different part of the house. This way, parents don’t have to be away from their children all evening when their children are too young to be left at home.

A second option is to use one home for the kids and a second home (close by or a phone call away) for the adults. A final option is to decide you need to have a night to invest in your spiritual lives individually or as a couple and to make your own arrangements for childcare. No matter what decision the group makes, the best approach is to dialogue openly about both the problem and the solution.

IF I FACILITATE OR HOST THE LIFE GROUP, DO WE HAVE TO MEET IN MY HOME?
No. Many groups will share the role of having the group meet in their homes.

HOW BIG SHOULD MY LIFE GROUP BE?
Ten to 14 people is a good target range. If there are too many people or too few people in a group, it may become difficult to create and sustain a healthy environment. However, if your group starts with just a few people, that is all right. Include the group in the process of inviting people. It is fine to start small and grow.

WHAT HAPPENS WHEN WE REACH THE MAXIMUM NUMBER OF PEOPLE IN OUR GROUP?
Some groups will choose to close once they have reached a predetermined, maximum number of people. Some groups will continue to add people. Sub-grouping is a helpful strategy in this process. With this strategy, a group may have 18 people...
meet together for snacks and fellowship and then break into two groups of nine, for example, once the discussion starts. This strategy allows a group to ease into multiplying.

**SHOULD WE HAVE DINNER WITH OUR MEETING?**
Ultimately, this is a group decision. Be aware having a dinner will add significantly to the meeting time. If you have a dinner together, decide beforehand as a group how the evening will flow (i.e. Have dinner from 5 - 6 p.m. and then have the normal meeting time from 6 - 8 p.m.). In general, we would recommend not having a dinner with every meeting. Instead, consider having a dinner periodically throughout the year. Some groups will have a special dinner together after they finish a particular curriculum.

**WHAT SHOULD WE DO AFTER THIS STUDY IS COMPLETED?**
At the end of this study, each group member may decide if he or she wants to continue on as a group for another study. Some groups launch relationships for years to come, and others are stepping-stones into another group experience. Either way, enjoy the journey.

If you decide to continue, the Life Group ministry team will make recommendations on what to study next. They also will equip you with what you will need to successfully continue as a group.

**WHEN SHOULD I CALL THE LIFE GROUP MINISTRY TEAM FOR HELP?**
Don’t feel like it has to be something big or really important to call us. We love to be a sounding board for you. Call us early. Call us often.

**WHAT IF THIS GROUP IS NOT WORKING FOR US?**
You’re not alone! This could be the result of a personality conflict, life-stage difference, geographical distance, level of spiritual maturity, or any number of things. Relax. Pray for God’s direction, and at the end of this six-week study, decide whether to continue with this group or find another. You don’t typically buy the first car you look at or marry the first person you date, and the same goes with a group. However, don’t bail out before the six weeks are up—God might have something to teach you. Also, don’t run from conflict or prejudge people before you have given them a chance. God is still working in your life, too!

**WHAT DO I DO IF PEOPLE ARE NOT SHOWING UP CONSISTENTLY?**
Define mutual expectations early on with the Life Group Ground Rules. If attendance becomes an issue with someone in the group, address it with them in person, not via email. Contact someone in the Life Group ministry prior to approaching the person to develop a plan and have someone praying for you. Again, in this type of situation, err on the side of grace. Be in a place emotionally where you are more saddened you didn’t get to see the person at group than you are frustrated they didn’t show up.
WE SPEND A HUGE AMOUNT OF TIME ON PRAYER REQUESTS. DO YOU HAVE ANY SUGGESTIONS?

Have people send their prayer requests via email prior to the meeting. Emphasize the idea of praying for each other during the week. Explain in the interest of time, everyone will pray for the one or two most pressing things for each person, but a more comprehensive email will be sent out so the group can pray more thoroughly throughout the week. Have people share requests and pray together in smaller groups.

IS IT OK TO INVITE SOMEONE TO OUR GROUP WHO DOESN’T GO TO OUR CHURCH?

If the person does not have a home church, Life Group can be a great ‘on-ramp’ to the Christian faith and to getting connected to a local church. If the person has a home church, ideally they would get connected in their own church. Joining a Life Group provides a way to get to know fellow church attendees on a deeper level. While this is the general principle, there are times when it may be appropriate to make an exception.

WE AGREE TO THE FOLLOWING GROUND RULES AND EXPECTATIONS:

SHOW UP: I’ll prioritize the scheduled Life Group meeting and call in advance if I’m going to miss the meeting.

SHOW RESPECT: I’ll accept everyone without judgment. I’ll listen well and refrain from giving quick answers, simple fixes or engaging in side conversations.

BE SELF-AWARE: I’ll stretch myself to be as open and honest as I can with my perspectives and experiences. I understand some of us are talkers and some are quieter, so I’ll be aware of not dominating the discussion or always leaving the weight of it to others.

LIFE GROUP GROUND RULES

CLEAR PURPOSE

Northview Life Groups are all about living out the three core values of Spiritual Growth, Building Relationships and Reaching Out. Go around the room, each person reading one rule. Agreeing to these rules will help everyone get the most out of the group experience. (Helpful hint: It is a good idea to review these ground rules when new people join the group and/or you begin a new study.)
TAKE OWNERSHIP: I’ll do my part to help create a great group (translation: “I won’t stick the host/leader with all the work.”) The group will be as good as I make it. I’ll share roles within the group and help challenge everyone to grow.

FACE CONFLICT: Community can be very messy, and conflicts may arise. I’ll offer grace to others and won’t leave the group over disagreements, realizing God might use conflict in my spiritual formation in some way I don’t currently understand.

KEEP IT CONFIDENTIAL: I’ll vigorously respect confidentiality. What I hear and say in the group stays in the group (unless a person is a danger to themselves or others or engaged in illegal activity.*)

AS A GROUP, DISCUSS HOW YOU WOULD LIKE TO:

• Grow spiritually
• Connect relationally
• Serve intentionally

ALSO DISCUSS:

• Where we will meet?
• How we will handle childcare?
• Meeting time (from/until)
• Day we will meet

*Seeking guidance from one of the pastors at Northview about a Life Group situation is not considered a violation of group confidentiality.
PRAYER REQUESTS LOG

LIFE GROUP ROSTER

NAME      PHONE     EMAIL

127

126
“IN THIS LIFE YOU WILL HAVE TROUBLE...”
These are Jesus’ own words. And they should come as no surprise. We all face troubles in life.
In this six-week study, we’ll take a close look at six troubles we face. And we’ll examine Jesus’ message to us, in summary, to Keep Calm And Carry On.
We have His hope, peace and guarantee. In response to our troubles, He says,

“...BUT TAKE HEART! I HAVE OVERCOME THE WORLD.”
John 16:33

northviewchurch
www.northviewchurch.us