

# CAUGHT IN THE CURRENT

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## Overmedicated – When Trials Become Overwhelming

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1. Describe something that typically makes you feel overwhelmed.
2. James promises Christ-followers that we will encounter various trials. It's a given. What unknowns are there about trials that come into our lives that typically make us feel overwhelmed?
3. Feeling overwhelmed often leads us to want to "get away from it all". Whether the trial is big or small, what do you do to "get away from it all"? How do you typically navigate your trials?
4. Enduring our trials with some elegance is the direction Jesus wants us to take. We can only do that through the grace of God, realizing He is alongside us the entire way. Tell about a time when God redeemed you in the midst of your trial.
5. Isaiah 26:3 gives us a promise. What is this promise, and what is required of us to obtain it?
6. Whether or not we claim this promise, we are supposed to consider our trials an opportunity for joy. What is there to be joyful about in a trial?
7. In addition to enduring our trials with elegance, we also should fight for a finished work. This means we need to stop checking out of our trials and instead, keep digging out of them. How do we practically do that? Do you have a personal example of a time when you checked out? What happened? Do you have a personal example of when you kept digging out? What happened?
8. Steve stated that "God is not finished with me yet." Is there a trial (now or in the past) that you need to make this declaration your own?

# CAUGHT IN THE **CURRENT**

Loving Jesus  
**Growing Together**  
Giving Back

