

## **INTRODUCTION:**

With the holidays upon us, many of us are preparing, shopping, traveling, etc. As a result, we find ourselves overwhelmed or stressed at times. What do you do to de-stress yourself? How do you feel afterward?

## THESIS:

How can God's people navigate difficult seasons? In the midst of hardship, and with further struggles on the horizon, our emotions can be overwhelmed. Yet, there is hope for God's people. Let's discover how to rejoice in God in all seasons.

## **DISCUSSION QUESTIONS:**

- Read section 1 "Talking with God." What do you find interesting?
- Read section 2 "See God." What do you find noteworthy?
- Read section 3 "Trust God." What do you find challenging?
- Read section 4 "Praise God." What do you find compelling?

#### **PRAYER:**

- Praise Jesus for He calls us friends and how we can simply come and talk to Him.
- Pray we see God in a spiritual perspective, which gives us peace that surpasses all understanding.
- Pray we would continue to trust God even when we do not understand.
- Pray for opportunities to share your growing faith to family members.

# LOVE YOUR NEIGHBOR:

Disciple-making Idea: Look for opportunities to share how your growing faith in God has helped you to navigate difficulties in your life.

- How have you loved your neighbors inside the group this week?
- How have you loved your neighbors outside of your group this week?

