

Sermon Based Small Group Guide
For November 19, 2017 sermon:
Exodus: "The battle for independence"

Warm up: (15-20 minutes)

Question for discussion:

How's your memory? We said that one way to avoid the panic that life's "desert experiences" can cause is to remember (and even record) your blessings so you can recall God's faithfulness to you in times that see dark or dangerous. What is your best "God came through for me/us!" story? Share it with your group!

Digging deeper: (20-30 minutes)

1. One of the biggest challenges we can face is to remain calm and not panic when facing a crisis. Often times, it's during this sort of challenge that we make an emotional decision or revert to old ways of dealing with stress (often negative). What guidance do the following verses give that could help someone who is tempted to make an emotionally charged decision?

-James 1:5

-Psalm 25:12-16

-Psalm 34:17-20

-Proverbs 11:14

2. We must go through trials to strengthen our faith. While it can be easy to acknowledge this principle, it doesn't make it any easier when we're staring a trial in the face. One of the most comforting reminders is that in addition to God being there for us, we can also turn to other followers of Jesus in the midst of a trial. How do the following verses reinforce the importance of godly relationships when facing trials or hardship?

-Ecclesiastes 4:9-12

-Proverbs 27:17

-Proverbs 22:24-25

3. We're commanded to be thankful. Psalm 100 is a great example of giving thanks to God for things we can easily take for granted. As you read through the Psalm, notice the different things for which we can be thankful and praise God.

Application: (5-10 minutes) Share practical ideas of how to remind yourselves to be thankful. What have you done that has helped? Close in "thankful" prayer.