

WHEN LIFE SEEMS UNFAIR

Where is God?

MESSAGE GOAL

Every week has a main point – what we want to walk away from the discussion knowing, feeling, and doing.

▶ **MAIN IDEA**

Our natural response to crisis and trauma is often more damaging than the trauma itself.

▶ **HEAD CHANGE**

We will remember that God sees what we are going through and cares.

▶ **HEART CHANGE**

Because Jesus is present, my heart will trust God to do a great work in His time.

▶ **LIFE CHANGE**

I won't resent God's plan but receive and embrace it fully.

OPEN QUESTIONS

How would you define trauma? Would you consider the COVID-19 experience traumatic? Why or why not?

Besides COVID-19, is there anything you are stressing about right now that is out of your control? Is it causing you to not feel safe?

How would you rank your anxiety level right now on a scale of 1-10? Why did you pick that number?

Genuine safety is much more than a feeling. It is a confidence, and assuredness that we're going to be OK because God has full control and determines the outcome of every event in our lives.

Discuss

This past Sunday we looked at the life of Joseph (Genesis 37-50). What did the Lord reveal to you through this message? (Did you gain a specific insight into your life? What challenged you?)

Look at Romans 5:3-4. How does suffering produce hope? Have you ever experienced this in your life?

Read Hebrews 10:24-25. Do you consider God or faith a safe place to go during trouble? What life experiences have contributed to your feelings about God?

How does community provide us with safety and perspective during a crisis?

Read Isaiah 26:3. According to this verse, what allows us to be at peace? Do you believe there is freedom when we embrace our limitations and let God handle the rest? Why or why not?

Look back at your past. What have you already overcome? (There were probably times you faced personal crises or challenges, yet you are still here. That should give you confidence that God will help you make it through this crisis as well).

What is one area you can trust God with as you journey through this next week?
