

# ...When We Are At the End of Our Rope

## **MESSAGE GOAL**

Talking through the message during the week helps you turn what God is saying to you into action steps. These talking points, questions, and scriptures are designed to help you take the next step.

### **▶ MAIN IDEA**

Turning from going through discomfort to growing through discomfort.

### **▶ HEAD CHANGE**

I will believe that God uses my discomfort to yield great blessings in my life.

### **▶ HEART CHANGE**

I will use my discomfort to encourage others.

### **▶ LIFE CHANGE**

I will embrace discomfort as an opportunity to develop personal endurance.

## **Read**

Romans 8:38-39

Have you ever thought of optimism as the expectation that God will work every situation for our good? What do you think about that?

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What would your life be like if you completely trusted that God was always with and for you?

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Have you ever seen God work a difficult situation for the good of someone who loves Him? What happened?

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How can you shift your mindset so that you trust, in every situation, that God is working for our Good?

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## **OPEN QUESTIONS**

What is something good that happened to you this past week?

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If you could make one thing go back to normal right now, what would you choose?

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## **Read**

2 Corinthians 1:3-11

What part of this message do you feel that you really needed to hear? (Did you gain a specific insight into YOUR life? What challenged you?)

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Talk about a difficult area in your life where you especially needed to keep your mind fixed on God? How did you learn to depend on God?

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## **Read Again**

2 Corinthians 1:3-4

Tell about a difficult season you endured in life. How is the Lord using that now to make you more sensitive towards others? In what ways are you supporting others who are enduring a similar season?

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In difficult times, we are called to help each other by giving hope and providing support. What is one way you can offer practical help to someone else this week?

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