

## Small Group News

SUNDAY SERVICES are ONLINE ONLY ([sunrisechurch.org](http://sunrisechurch.org))

OUTDOOR SERVICE on Fridays in August @ Rialto Campus – 7 PM

Serving Opportunity: Fri 8/28=Cherry Turnover Day @ Food Pantry (12-3pm)

Email [need@sunrisechurch.org](mailto:need@sunrisechurch.org) for any who need assistance

Prayer: Wisdom for Leaders; New Outdoor Service; Rooted Launch in Sept.

## Small Group Questions

For week of August 16<sup>th</sup>, 2020

## Strong in the Struggle

I Kings 19

### INTRODUCTION

If 2020 had a slogan it would be: The Struggle is Real. Nothing like a worldwide Pandemic, social injustice, and a pending Presidential election to increase the stress in our lives. Some are facing unimaginable battles with grief, loss of income, and family crisis that make the struggle all the more vivid. Some may even ask, “where is God?” But what if God is still at work in the struggle? This month we explore how to react to struggle by discussing the life of Elijah. Our first reaction is to give in to panic, anxiety, and faith crushing doubt. But, as we will discover, we can remain strong in the struggle because God still provides victories, help, justice, and hope; even in the darkest of times.

The focus of the week: [Help in the heartache](#)

### QUICK REVIEW

Looking back at your notes from this week’s teaching, was there anything you heard for the first time, or that caught your attention, challenged or confused you?

### MY STORY

1. What was the best thing that happened to you this past week?
2. Share about the worst experience you’ve ever had on vacation or at a restaurant. How did you respond?

### DIGGING DEEPER

1. Elijah was tired, disappointed, and afraid. Our world can often overwhelm people. This week you heard that God provides help during heartache. What else does the Bible say about God’s help?
  - **Read: John 16:31-33; 1 John 5:1-5; Romans 8:31-39; 2 Corinthians 4:1-9**
    - What is your normal “first response” in times of fear, disappointment, or hurt?
    - What steps can you take to make turning to God your “immediate” response?
    - How can Jesus and the Apostles, who were severely mistreated, come to see those trials as light and momentary? To what are they comparing those trials?
    - What would change in your life if you really lived with complete confidence in God’s love even in the midst of your disappointments and heartache?
    - Have you seen God use even negative experiences in your life for good? Explain.
2. Sometimes we can be fooled into thinking that silence from God or inactivity equals abandonment.
  - **Read: Luke 15:11-32; John 11:1-44**
    - What’s something you’re currently waiting for God to do for you? What might He be doing in you?
    - Why do you think God’s timing is different from ours?

- Do you think you'd be more like Mary who stayed home when Jesus was late or Martha who told Him He was late? Why?
- What are some of the reasons someone may not be hearing from God during a particular season of life?
- Why do you think it is so easy for people to forget what God has done in the past when we are struggling with life?
- Have there ever been things you were unaware of that you found out later God was doing on your behalf during a time of heartache or trial? How did knowing change the way you viewed God and your situation once you found out?
- Is it easy or difficult for you to believe that God would welcome you back when you feel distant from him because of sin or busyness of life? Explain.

3. As you wrap up the conversation, discuss the following:

- Share about a time in your life when you struggled with unmet expectations.
- Share about a time in your life when God met you and helped you through a struggle.
- Do you have confidence that God can help you through your next struggle? Why or why not?

## TAKE IT HOME

**During the message Pastor Steve asked 3 questions: Am I Resting? Am I Running? Am I Replenishing?**

Grab a sheet of paper and make three columns with each of those questions at the top. Take a few minutes and answer each.

- Under **“Am I Resting?”** write down how you feel about your sleep patterns. How well are you sleeping? What keeps you from sleeping well? Do you observe a Sabbath day? Why or why not? Choose a number between 1-5 with “1” being not at all and “5” being ultimate rest to rate your rest right now. Finish by describing what it looks like for you to be totally at rest. Now pick one thing you will do this next week to rest better.
- Under **“Am I Running?”** write down anything that you are anxious about but not confronting. A relationship, a habit, or a past decision. Why are you reluctant to face it? What have you done to invite God into that situation? What has it cost you? Finish with describing what it would look like if it were resolved. Now think of the steps it would take to resolve it and pray over those steps. Finish by picking one step to take this week to stop running and move toward resolution.
- Under **“Am I Replenishing?”** brainstorm all the things that replenish you. What would you do if you had nothing else to do and had no time constraints? Next to each thing you list write why, and how, it energizes you. These could be relationships, activities, or places to go. Now put them in order of priority of importance to you. Place a star next to any that you consider to be non-negotiable. Finish by picking one that you will schedule for yourself this week and then do it (with your family or alone depending on what you chose).

As you wrap up spend time in prayer and bring your (3) next steps that you choose to God and ask Him to grant wisdom and conviction to complete those steps. Consider journaling the results and/or sharing them with your group next week. Also, be sure to repeat the process in the coming weeks.

## GROUP PRAYER