



Warm-up

Do you enjoy change? Why or why not?

The Word

Change can be challenging for us to face, even if the change is positive. We are going to take some time today to discuss some of the types of challenges we may face in our lives and how to rely on God to help us through.

One of the most difficult challenges that we may face in life is working through unforgiveness. Unforgiveness often stems from unmet expectations in relationships.

When have unmet expectations caused you to have feelings of anger or frustration with someone? How did you deal with those emotions?

We are never promised that we will not have troubles in life (Luke 17:1, James 1:2-4, Romans 5:3-5), but we are given a command as to what to do when we face life's challenges – **Read Matthew 6:12.**

Many people hold onto unforgiveness because they think that it hurts the person who has hurt them. The truth is that the only person who is hurt is the person who is holding unforgiveness. Not forgiving is like drinking rat poison and then waiting for the rat to die.

Who in your life do you think you need to forgive? Why has it been so hard to forgive them?

Not only is unforgiveness a challenge that all of us will have to walk through at some point in our lives, many of us will have to overcome fear.

Have you ever had to do something you didn't want to do because you were afraid? What was it? How did you overcome the fear?

Read 1 Timothy 1:7 What does the Bible say about living with fear?

What is God asking you to do that you are afraid to do? How will you overcome your fear and walk in obedience?

In order to overcome fear, we must trust that God has a plan for our lives (Jeremiah 29:11) and we need to have faith that He will give us what we need to live an overcoming life (Romans 8:37).

Read Mark 5:25-34 Why was the woman in this story healed?

The woman received what she was asking for because of her faith. What do you need to have faith to believe for in your life or in the life of someone you know?

As we have talked about the different challenges that we face in life, we must realize that the only answer to anything we face is to put our hope and trust in God. **Read John 14:6.**

Knowing that Jesus is the only way to receive eternal life is freeing because Christianity is the most inclusive religion in the world. There is nothing that you have to do before you come to Jesus. His love for us is what gives us eternal life, not anything that we can work towards. All we have to do is come to Him just like the Scripture says in John 14:6.

Prayer

Pray that each group member would be able to rely on God as they face the challenges of life. Also, if there is anybody in your group who needs to give their life to Christ then ask them and pray with them.