

Reflection:

1. Remember a time when you went through struggle. How did you make it through?
2. Would you say you struggled well? Why or why not?
3. Today, are you able to see the purpose that came from the chaos?
4. How does the awareness of God's presence drive out fear?
5. Which of these five struggles resonates most with you?
 - The struggle to connect with people
 - The struggle with change
 - The struggle with mental health
 - The struggle with shame
 - The struggle with disappointment

This week, take some time to pray through Psalm 46, commit it to memory if you can.



How to Struggle Well

Our vision is to be a place where people are being _____ by Jesus into Jesus.

The mission of the church:

1. _____!
2. _____!
3. Teach people _____ to obey.

God will work, but we have to do our _____.

“In this world you will have _____, but take heart, I have overcome the world.” –Jesus in John 16:33

When we struggle, we tend to ask, “How can I _____ this?”
...but sometimes our struggles are not _____.

Scripture: Psalm 46

The Psalmist starts by reminding us of God’s _____.

- God is our _____
- God is our _____. (see Psalm 20:7)
- God is an _____ - _____ help

What effect does this knowledge have?

Vs. 2 “We will not _____.”

Water, Mountains, Rivers:

- In the ancient world, the sea symbolized _____. (Gen 1:2)
- Mountains were the symbol of _____.

“There is a river whose streams make glad the city of God, the holy place where the Most High dwells.” (vs. 4)

- A river is water this is under _____.

Have you had a time when God turned your struggle into _____?

Example: Joseph in Genesis 37-50

“You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.” (Genesis 50:20)

- The hardest part is to have Joseph’s attitude in the _____ of struggle, rather than the _____.

“Be still and know that I am God!”

- “_____ and _____!”

Struggling Well:

1. Believe that God is _____.

- He is your refuge and strength.
- He is _____ - _____.
- He can bring _____ out of chaos.

“God, what are we going to do about this?”