

# STRENGTH

April 28<sup>th</sup>, 2024

## MESSAGE RECAP

This week's message finishes up a 4-part series called "Self-Sabotage" by looking at your inner strength. Frequently we rely too much on our strength instead of depending on God's strength. This message talks about doing this in three different ways – waiting on God's timing, persevering through challenges, and facing uncertainty with every circumstance. What would happen if we decided to live out Mark 12:30 "Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength."

## GROUP DISCUSSION

1. How is your strength... really?
2. Can you share a time when you realized you were relying too much on your own strength in a situation, and how did that turn out?
3. The Strength to Wait: Read Psalm 27:14.
  - a. How does waiting on the Lord demonstrate the strength of character and trust in God's timing?
4. The Strength to Keep Going: Read Isaiah 40:29-31
  - a. When faced with significant setbacks or losses, how do you find the strength to keep going? What role does faith play in your ability to persevere?
5. The Strength to Face Uncertainty: Read Esther 4:13-14.
  - a. How did Esther exemplify courage and reliance on God's strength in the face of uncertainty and danger?
6. Read Philippians 4:12-13. What does it mean *practically* to find contentment and strength in God in all circumstances? In what circumstances do you need to practice this right now?
7. Looking at Mark 12:30, which aspect (heart, soul, mind, or strength) do you feel God is prompting you to focus on in this season of your life, and why?

## PRAY