



Overwhelmed and Don't Know What to Do | Shawn Johnson | 5.15.22

Weekly Study

START

What has brought you joy this week?

SHARE

Hope everyone's week has gotten off to a great start! This week we had our lead Pastor Shawn share a message of hope for difficult circumstances. In some seasons or another, we may have found ourselves in a place where we are overwhelmed with difficult circumstances, feeling stuck and not knowing what to do. This week Shawn reminded us of the importance of remembering all that God has done for because when we do that, we know He will do it again and again.

Before we dive in, take some time to check in with your group and ask the following questions:

What is the most impactful or challenging thing you heard during Sunday's message?

What did that thing teach you about God? About yourself?

How do you want to begin to apply it to your life this week?

GROW

Read Isaiah 46:9-10

“Remember [carefully] the former things [which I did] from ages past; For I am God, and there is no one else; I am God, and there is no one like Me, Declaring the end and the result from the beginning, And from ancient times the things which have not [yet] been done, Saying, ‘My purpose will be established, And I will do all that pleases Me and fulfills My purpose,’ “

This verse became the foundational word of this week’s message. It is a powerful reminder to look to see what the Lord has done (Psalm 46:8). At times it may seem easier to forget and try to leave things in the past. Yes, God brought you out of something and by remembering that season in your life, it may bring a lot of pain and disappointment. Avoiding our past can work for a while but to offer a different perspective, instead of focusing on the hardship of that season, what if you looked up and carefully remembered God in it all. He never left you. His faithfulness walked you through because he loves you that much.

How can carefully remembering what God has done in your life shift your perspective on who God is and how he has brought you through?

Read Phil. 4:8-9

What one of these truths is most difficult for you to focus on especially when faced with a difficult circumstance? Why?

Peace is the purpose of meditating on these truths. The more we lean in and know God’s Word, the more we will be able to apply it to our life. When we do so, watch in wonder of all that God is doing and will do!

Is there something in your life that you are currently walking through that you need supernatural peace? Share with your group. And take a moment and pray.

M O V E

Read Joshua 4:1-9

After the people of Israel, with God's help, crossed the Jordan river to enter the Promised Land, God commanded Joshua to "choose twelve men, one from each tribe." So, he did. The men were to go get one stone from where the priests had stood in the middle of the riverbed with the ark of the covenant. The stones of remembrance were not to come from the shores of the Jordan but the center, to represent the fact that Israel had crossed over on dry land just as God had commanded.

The Israelites used the pile of twelve stones to remind them of what God had done—that he cared for his people, kept his promises, and went before them in victory. This is the message the stones reaffirm to Israel, and we too can be reminded by them. God is faithful. He is a promise maker and promise keeper. With the promise of his presence and the reminder of his mighty power, we can *"Remember [carefully] the former things [which I did] from ages past;"* and know that he will get us through it all.

How did this story remind you of who God is and how kind he is to his people?

How did this story challenge you as you move into this week?

TAKE HOME ASSIGNMENT:

Shawn encouraged us to do 2 big things this week:

1. Build a memorial (write it in a journal, collect a few photos or some stones...) Whatever this looks like for you, build something that helps you "Remember [carefully]" what God has done.
2. Choose to focus on the memorial (read it out loud, thank God for his faithfulness to you and tell people of his goodness in your life!)

P R A Y

We need prayer now more than ever. Spend some time-sharing prayer requests. If you are in a co-ed group, consider breaking off into two separate groups (or calls if you are an

online group) to share more freely.