

Message Discussion Guide

Date: December 15 & 16

Title: Am I Going To Be Okay? | The Gift | Week 3

Connect with Each Other:

Icebreakers

- Have you ever planted something—flowers, a garden, or anything else? What did you learn about patience or trust from that experience?
- Think about a time when life felt uncertain. What helped you get through it?
- What is something you've recently worried about, and how did you handle it?

Pray Together

Dear God, thank you for bringing us together today. In the midst of our worries and uncertainties, we turn to you for guidance and peace. Help us trust you more deeply, and open our hearts to what you want to show us through this time together. In Jesus' name, Amen.

Connect with God:

Key Bible Verses

- **Psalm 37:3:** *“Trust in the Lord and do good. Then you will live safely in the land and prosper.”*
- **Psalm 37:4:** *“Take delight in the Lord, and he will give you your heart's desires.”*
- **Psalm 37:5:** *“Commit everything you do to the Lord. Trust him, and he will help you.”*
- **Psalm 37:7:** *“Be still in the presence of the Lord, and wait patiently for him to act.”*

Message Summary

In this week's message, we explored a question many of us ask: *"Am I going to be okay?"* David, in Psalm 37, looks back at his life and reminds us that trusting in God leads to a life that flourishes like perennials—plants that return season after season. The "annual" life, on the other hand, may bloom brightly for a moment but fades quickly.

David encourages us to trust in the Lord, commit everything to Him, and delight in Him. Trust isn't just an emotion; it's a decision to live by faith, even when we don't feel it. When we take delight in God, our desires align with His, and we experience true fulfillment. The message reminds us that:

Sticky statement

Who you **trust** determines if you'll be **okay**.

Discussion Questions

- Have you ever felt like you were in a season of uncertainty, wondering if everything would turn out okay? How did you navigate that?
- Psalm 37:3 says, "Trust in the Lord and do good." How can trusting God shape the way we respond during difficult times?
- Psalm 37:4 talks about taking delight in the Lord. What does it mean to delight in God, and how does it change our perspective on what we desire?
- Can you think of a time when you felt true joy or peace because your desires aligned with God's will?
- What does it look like to "commit everything" to God in your daily life?
- Are there areas of your life where you struggle to trust God fully? How can you take a step toward surrendering those to Him?
- Psalm 37:7 encourages us to "be still in the presence of the Lord, and wait patiently for Him to act." How do you practice stillness and patience when you're waiting for God to work?
- How does focusing on God's promises help you stay patient during seasons of waiting?
- How can trusting God help you find lasting joy and fulfillment, even when life doesn't look the way you hoped?

