



## SESSION 4 - TRUSTING

### SERIES BIG IDEA

Jesus' life and teaching can help us simplify our lives and experience a clutter-free soul.

### MESSAGE BIG IDEA

We can be freed from our anxiety, worry, and fear when we put our trust in the One who promises to give us peace.

### SCRIPTURE

Matthew 14:22-23; Philippians 4:6-7

### BIBLE DISCUSSION

Thanksgiving is remembrance of how God acted in the past, submission to God's sovereignty now, and trust in whatever God provides in the future will be sufficient. With that definition in mind, lead the group to consider what it might be like to live their lives with thanksgiving in the face of trouble.

### LIFE APPLICATION

Like the disciples, when a storm comes we tend to take our eyes off Jesus. We may focus on how we can find safety, or fix our own problems. When this happens we usually end up like Peter, looking up for Jesus to pull us up after a desperate prayer. Prayer is not like a wishing well or a genie in a bottle. Help the group discuss how having a strong relationship with God provides hope during struggles, rather than a last resort.

### CHALLENGE

The next time you find yourself getting anxious and losing focus on Jesus be ready to pray with thanksgiving and ask yourself, "Where has God come through for me in the past?" Take time as a group to share times of hope when facing adversity and encourage one another to rely on God and his community when facing current hardships or the inevitable troubles in the future.