

GROUP DISCUSSION

WEEK OF
JAN 26

MEAL & MINGLE

Spend these opening minutes getting to know new people and following up on conversations from previous gatherings.

 **READ PROVERBS 3:5-6; ROMANS 8:28** share takeaways from the passages.

QUESTIONS & DISCUSSION

Ice Breaker: “Highs and Lows, with a God Moment”

How it Works:

- Go around the group quickly and ask each person to share:
 - One “low” (challenge) from their week
 - One “high” (good thing that happened)
 - One way they saw God at work in the situation (can be very small)

Q 01. Proverbs 3:5–6 reminds us that God’s understanding is far greater than ours, and trusting Him means leaning on His wisdom, not just our own. Sometimes it’s tricky to trust God when things don’t make sense. **Can you think of a time that was hard, and what trusting Him might have looked like in that situation?**

Q 02. Romans 8:28 tells us that God can bring good out of every situation—even the hard or painful ones—when we love Him and follow His plan. **Have you ever seen a difficult situation turn out for good in ways you didn’t expect? How does knowing God can work things together for good change the way you see challenges, even if it takes longer than you had hoped?**

Q 03. When we trust God, we can approach life’s difficulties with confidence, peace, and courage, knowing He is in control and has a purpose for us. **What is one step you could take this week to trust God more in a situation that feels uncertain or scary?**

Close your time together by sharing prayer requests and closing in prayer for each other.



45 MIN

PRAYER REQUESTS