



# GROUP GUIDES

## WEEK THREE- STAYING GROUNDED



### Sentence

When it's time for a recharge, return to the One in charge.



### Story

Share a time when you felt great joy, peace, or rest in the Lord.

"What actions led to this moment?"

"Did you ask God to bring this season?"

"What did God bring you through to get to this moment?"



### Set-Up

Psalm 23

God offers us all the fruit of the Spirit, but in this Psalm, we specifically see David's faith in the goodness of God. God offers peace from the anxieties of the world.

Read Psalm 23:1-3

When was a time you were so weary, you needed your soul refreshed?



### Search

Read John 21:2-12



Verses 2-3

When life gets to be too much, what do you turn or return to?

Who in your life is willing to walk through hardships with you?

What do you do when you repeatedly come up empty handed?



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#### ➔ Verses 4-6

Has there been a time when you did not see God working, but now you realize He was there?

Jesus asked His disciples to try something different. What is one change that Jesus is calling you to make right now?

#### ➔ Verses 7-9

How can following Jesus and having doubts coexist?

In what specific ways has Jesus been more than good to you?

#### ➔ Verses 10-12

What is an area in your life that gives you anxiety?

How can Jesus fill that area, either materially or spiritually?

If you know Jesus is Lord, how can you remind yourself of His power?



#### **Solution**

1. How will you ground yourself in God's ways this week?

- ☐ Spending time in Scripture every day  
(try one of YouVersion's many 1 week devotionals at [bible.com](https://www.bible.com))
- ☐ Start journaling your gratitude
- ☐ Practice grounding your senses to recognize the goodness around you (Read *Psalms 37:7* and *Psalms 46:10* and practice the spiritual discipline of silence and solitude)
- ☐ Memorize *Psalms 23:1-3*
- ☐ Other \_\_\_\_\_



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Read **Philippians 4:8-9**

What will you think of this week to remind yourself of the peace of God?

2. How will you grow in the peace of God this week?

- ☐ Ask Holy Spirit to provide you with an abundance of this spiritual fruit  
(Read and daily meditate on **Galatians 5:22-23**)
- ☐ Speak with a counselor who can help you discern sources of anxiety and point you toward helpful ways to manage and overcome
- ☐ Memorize **Philippians 4:8-9**
- ☐ Other \_\_\_\_\_



#### **Send Out**

Break into groups of 2-3 (same gender if a coed group), discuss ways you can ground yourself in the goodness and peace of God this week. Plan to connect with each other in-person, call, or text this week.

Pray together.