



GROUP GUIDES

WEEK FIVE- SURGE PROTECTOR



Sentence

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



Story

Share a time when you felt suddenly overwhelmed by life.

"What events caused this shock?"
"Was it one big event, or many small ones?"
"Could you see a way out?"



Set-Up

Psalm 23

David writes this Psalm not in the midst of a peaceful season, but during a season of persecution. When we are in similar seasons, God wants to prepare a table for us to experience His peace and fulfillment.

Read [Psalm 23:5](#)

Where was the presence of God when you felt overwhelmed?



Search

Read [Luke 8:22-25](#)



Verse 22

When has Jesus led you to a place or calling that felt overwhelming?

When have you led yourself to a place that felt overwhelming?

How did those experiences differ?



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Verse 23

How do you think Jesus reacts when we are in danger?

How does rest impact the way you think, feel, and act when you're overwhelmed by life?



Verse 24

What storm needs calming in your life?

How can we go to Jesus in the chaos?



Verse 25

How would you respond today if Jesus asked you, "where's your faith?"

How can a season of chaos point us back to Jesus?



Solution

1. How will you humble yourself and ask for God's protection?

Submit to God daily (*i.e. bow on your knees in prayer each day and surrender to Him*)

Be honest with yourself and God

Memorize [James 4:7](#)

Other _____

Read [James 4:7-10](#)

What is your next step after the devil flees from you?



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2. How will you sit down at the table God prepares for you?

- Confess and daily repent of sins
- Choose to respond in peace to the pain you experience
- Memorize Psalms 23:1-5
- Other _____



Send Out

Break into groups of 2-3 (same gender if a coed group), and discuss what circumstances surround you and how you can sit at God's table in the midst. Plan to connect with each other in-person, call, or text this week.

Pray together.