

Soundtracks Week 3 -Discussion Guide

Connect

Ice Breaker: What's your favorite way to find peace and relax after a stressful day?

Talk About It:

Job's story reminds us that God is with us in our suffering. He does not abandon us or leave us to fend for ourselves. He is always with us, even when we cannot feel His presence.

Key Passages: James 1:2-8, Philippians 4:6-9, Job 1:7-12, 2:9-13, 6:8-10, 7:20-21, 10:1, 13:24, 38:1-5, 42:1-6

1. How can you tune out negative thoughts and focus on God's peace?
2. In what ways can Philippians 4:6-7 help you overcome anxiety and experience God's peace?
3. Have you ever had friends give you advice that made your situation worse, like Job's friends did?
4. How does Job's response in Job 42:1-6 inspire you to deepen your understanding of God?
5. What soundtracks are playing in your mind, and how can you ensure they align with God's Word?

Protect

As a group, pray for the wisdom to discern and reject negative thoughts, replacing them with the peace and truth in God's Word.

Grow

Action Steps: This week, listen to a Toby the Goby Podcast and join a live prayer on Monday at 12:30pm and Thursday at 8:30pm.

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Protect.

Grow.