LIFE GROUP DISCUSSION GUIDE

AUGUST 31 - SEPTEMBER 6, 2025

1

WELCOME - (5-10 MINUTES)

Welcome Everyone. Introduce yourself and any new individuals.

Have a member read ALL of the group goals and ONE guideline.



BREAK THE ICE:

What's the most recent thing that gave you a good laugh?

Are you ready for the *Power Principle*?

This year's Fall Spiritual Growth Emphasis will be amazing!



2

WORSHIP ACTIVITY - (10-15 MINUTES)

Ask the Life Group to stand-up & sing together. If your group meets in public, ask a member to text out a song before the meeting and have everyone worship on the way!

Goodness of God
by Blanca

3

WORD - (15-20 MINUTES) READ Isaiah 40:28-31

1. How would you explain these verses to a child?
2. What promises does God give us in these verses?
3. What is our responsibility to receive these assurances?
4. Isaiah 40:31 says, "Those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint." What does "trusting in the Lord" practically look like in overcoming stress?
5. How does waiting on the Lord offer strength for difficult phases of life?
6. READ Philippians 4:8. How can this help to shift focus during stressful times?
7. The sermon told us to "exchange our strength for God's strength" which involves Looking to Him, Listening to Him, and Leaning on Him. Can you describe a time when you experienced this exchange of strength in a stressful situation?
8. Christians need to overcome stress because spiritual weakness can result from emotional, mental, or physical struggles. How do you see these different aspects of well-being interconnected in your own life?
9. What is one practical step you can commit to taking this week to better manage stress in your life?

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WITNESS - (10-15 MINUTES)

BREAKOUT TIME: Break into smaller, like-gendered groups of 3-4. Address the following question(s):

- What are some spiritual, physical or mental strategies that you use to overcome stress?
- Matthew 6:31-32 advises Christians not to worry, stating that "your Heavenly Father already knows all your needs." How can actively remembering this verse help alleviate worry and stress in daily life?
- How can we pray for each other this week to focus on waiting and trusting in the Lord?
- Spend time praying for each other.

5

CLOSING ANNOUNCEMENTS & REMINDERS

- **Now is a great time to invite your friends, relatives, associates and neighbors to Life Group! Who do you know that needs to be in a Life Group?**
- Are you ready for the POWER PRINCIPLE? This year, the Fall Spiritual Growth Emphasis will challenge and encourage you to grow deeper in your relationship with the Lord. Invite your friends and co-workers to be part of this special time in Life Group and worship services! It begins on Sunday, September 14th! Find out more at celebrationchurch.org/fsg/.
- **The month of September is Child Blessing month. If you or someone you know has a little one that they would like to have prayed for let us know. Click here.**
- Save the Date for the Difference Makers' Conference taking place on Saturday, October 11th. This is going to be an inspiring day filled with dynamic speakers, powerful worship and creative content. Register today for early bird pricing at celebrationchurch.org/dmc/.