

# HOW TO GET THROUGH WHAT YOU'RE GOING THROUGH

Small Group Study Guide Version 1.0

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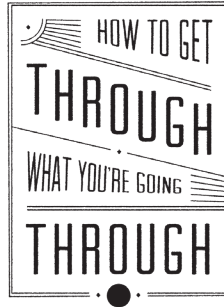
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## HOW TO USE THIS VIDEO CURRICULUM

Here is a brief explanation of the features of this study guide.

### CHECKING IN:

You will open each meeting with an opportunity for everyone to check in with each other about how you are doing with the weekly assignments. Accountability is a key to success in this study!

### KEY VERSE:

Each week you will find a key verse or Scripture passage for your group to read together. If someone in the group has a different translation, ask them to read it aloud so the group can get a bigger picture of the meaning of the passage.

### VIDEO LESSON:

There is a video lesson for the group to watch together each week. Fill in the blanks in the lesson outlines as you watch the video, and be sure to refer back to these outlines during your discussion time.

## **DISCOVERY QUESTIONS:**

Each video segment is complemented by several questions for group discussion. Please don't feel pressured to discuss every single question. There is no reason to rush through the answers. Give everyone ample opportunity to share their thoughts. If you don't get through all of the discussion questions, that's okay.

## **PUTTING IT INTO PRACTICE:**

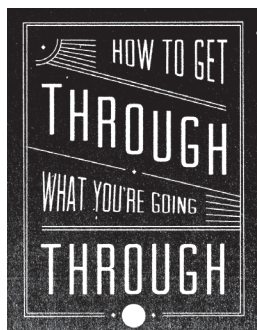
This is where the rubber meets the road. We don't want to be just hearers of the Word. We also need to be doers of the Word (James 1:22). These assignments are application exercises that will help you put into practice the truths you have discussed in the lesson.

## **PRAYER DIRECTION:**

At the end of each session you will find suggestions for your group prayer time. Praying together is one of the greatest privileges of small group life. Please don't take it for granted.

### **A TIP FOR THE HOST**

The study guide material is meant to be your servant, not your master. The point is not to race through the sessions; the point is to take time to let God work in your lives. Nor is it necessary to "go around the circle" before you move on to the next question. Give people the freedom to speak, but don't insist on it. Your group will enjoy deeper, more open sharing and discussion if people don't feel pressured to speak up.



## SESSION 1:

# SHOCK — When Your World Collapses

### CHECKING IN:

If this is your first time meeting as a group, or if you have any new group members, take a few minutes to introduce yourselves.

When did something unexpected happen that literally brought you to your knees? Share how you felt, who showed up, and how you got through the initial stage of shock.

### KEY VERSE:

*By helping each other with your troubles,  
you truly obey the law of Christ.*

**GALATIANS 6:2 (NCV)**

### ► START VIDEO LESSON



*People can never predict when hard times might come. Like fish in a net or birds in a trap, people are caught by sudden tragedy.*

**ECCLESIASTES 9:12 (NLT)**

*"A horrible and shocking thing has happened."*

**JEREMIAH 5:30A (NLT)**

*I sat among them for seven days, shocked at what had happened to me.*

**EZEKIEL 3:15B (CEV)**

*I'm in terrible pain . . . I'm shocked and hurt so much that I can't hear or see. My head spins . . . Early evening, my favorite time, has become a nightmare.*

**ISAIAH 21:3-4 (CEV)**

*I am in total darkness, like someone long dead. I have given up all hope, and I feel numb all over.*

**PSALM 143:3B-4 (CEV)**

*By helping each other with your troubles, you truly obey the law of Christ.*

**GALATIANS 6:2 (NCV)**



## HOW TO HELP A FRIEND IN SHOCK

1.) \_\_\_\_\_

*When Job's three friends . . . heard about all the troubles that had come upon him, they set out from their homes and met together by agreement to go and sympathize with him and comfort him*

**JOB 2:11 (NIV)**

2.) \_\_\_\_\_

*When they saw him from a distance, they could hardly recognize him; they began to weep aloud, and they tore their robes and sprinkled dust on their heads. Then they sat on the ground with him for seven days and seven nights. No one said a word to him, because they saw how great his suffering was.*

**JOB 2:12-13 (NIV)**

3.) \_\_\_\_\_

*Whenever you possibly can,  
do good to those who need it.*

**PROVERBS 3:27 (GNT)**

## 2 THINGS YOU NEED TO DO

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*"Call upon Me in the day of trouble; I shall rescue you, and you will honor Me."*

**PSALM 50:15 (NASB)**

*Get up, cry out in the night . . . Pour out your heart like water in prayer to the Lord. Lift up your hands in prayer to him.*

**LAMENTATIONS 2:19A (NCV)**

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*A friend loves at all times,  
and a brother is born for adversity.*

**PROVERBS 17:17 (ESV)**

## HOW DO YOU IMPROVE YOUR RESISTANCE TO SHOCK?

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*Two can accomplish more than twice as much as one . . . If one falls, the other pulls him up; but if a man falls when he is alone, he's in trouble . . . And one standing alone can be attacked and defeated, but two can stand back-to-back and conquer; three is even better, for a triple-braided cord is not easily broken.*

**ECCLESIASTES 4:9-12 (TLB)**

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*"But blessed are those who trust in the LORD and have made the LORD their hope and confidence. They are like trees planted along a riverbank, with roots that reach deep into the water. Such trees are not bothered by the heat or worried by long months of drought. Their leaves stay green, and they never stop producing fruit."*

**JEREMIAH 17:7-8 (NLT)**

*Just as you trusted Christ to save you, trust him, too, for each day's problems; live in vital union with him. Let your roots grow down into him and draw up nourishment from him. See that you go on growing in the Lord, and become strong and vigorous in the truth.*

**COLOSSIANS 2:6-7A (TLB)**

## DISCOVERY QUESTIONS:

- 1.) Pastor Rick teaches that the most important thing we can do when a friend is in shock is to show up. He calls this the *ministry of presence*. This is a proactive, intentional act of love. You don't wait for an invitation; you act. Share your experience giving or receiving the *ministry of presence* and what you learned from it.

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- 2.) Often sharing in a person's deep pain doesn't require you to speak. In fact, the greater the grief the fewer words needed. Romans 12:15b tells us to "*weep with those who weep*" (ESV). When was the last time you comforted a friend with tears instead of words?

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- 3.) Taking the initiative to help a friend or loved one in shock is the best way to show up and offer support in a critical situation. They simply don't have the capacity to think about and ask for what they need. They are in shock and barely hanging on. Talk about some of the practical ways you can care for them.

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4.) When catastrophe comes, Psalm 50:15 teaches us to cry out to God, and in doing so, we honor him. God wants us to lean on him and accept help from others. On a scale of 0-10, how easy is this for you to do?

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*"Call upon Me in the day of trouble; I shall rescue you, and you will honor Me."*

**PSALM 50:15 (NASB)**

### **PUTTING IT INTO PRACTICE:**

What can you do to start cultivating deeper relationships? You need a safety net of friends who will show up when life delivers the unexpected. This week, think about the people in your small group and how you can start to grow deeper spiritual roots together.

### **PRAYER DIRECTION:**

Discuss how your group wants to approach prayer during this study. Encourage everyone to share ideas. Talk about how this study may make some people feel more vulnerable. Remind each other that your group is a safe and confidential place to share your experiences.

Close in prayer, thanking Jesus for being our wounded healer and asking that the Holy Spirit be ever-present in your hearts and minds as together you learn how to lean on him to get through the tough times.