

OVERWHELMED

What do I do?



GUIDES TO GROUP DISCUSSIONS

In a world of tough decisions, heavy expectations, crushing sadness, and deep regrets, God offers us peace, mercy, and hope. Join us for our new teaching series, *Overwhelmed*, as we learn from Scripture how we can rest in the One who has overcome this overwhelming world.

SOME THINGS TO KEEP IN MIND

Remember that you aren't in this alone! God will help you prepare and lead your group discussion. Make it your goal to keep in step with the Holy Spirit!

Pray and read the passage a few times on your own. Take a few minutes to identify what makes an impression on you and how the passage might impact your group.

Once you've taken some time to read the passage on your own, read through the entire Discussion Guide. Make sure you understand the Main Point. Identify which questions you want to use in your group time and rewrite them in your own words.

Once your group time is over, take a few minutes to evaluate the discussion. What went well? What could have been different? If you had a "bad night," DON'T GIVE UP! Everyone has tough nights. There were times when even the disciples didn't get what Jesus was talking about!

FREE RESOURCES

To equip you as a leader, we provide resources each series to help you and members of your group understand and respond to the biblical truths we're studying as a church. Don't forget about the Mariners Annual Read and the [Gospel Every Day](#) podcast discussing each devotional.

The CSB Study Bible is an excellent resource if you'd prefer a physical copy of the translation used by Mariners Church. It is available for purchase online and in the [bookstore](#) at Irvine.

All Scripture references in this guide are CSB unless otherwise noted.

HOW TO USE THE GROUP DISCUSSION GUIDE

MAIN POINT

Discussions often take on a life of their own, but they typically lack power when they lack focus. The Discussion Leader ought to use the Main Point to keep everyone on the same page. To do this, you might say something like, "That is very interesting and a good topic for another discussion, but today's study is about..." and ask a question that brings people back to the topic of discussion. There will be times when it makes sense to ignore the Main Point—for example, when someone in your group experiences a significant crisis. If you decide to move away from the lesson's Main Point, you want to do so on purpose and not by accident.

RHYTHM REMINDERS

A prompt will be provided when one of the 7 Rhythms of Rooted has a natural point of emphasis. We want to help everyone continue to grow holistically in their spiritual journeys. Obviously, some rhythms always exist, like prayer, but occasionally it will be helpful to draw fresh attention to or spend additional time in one of the rhythms.

LEADER NOTES

Where needed, each lesson may have several Leader Notes. This material will provide insight on how to steer the conversation and care for your people. Additionally, these notes will provide greater context to help you understand a difficult word, phrase, or verse.

**LEAN IN
BREAK THE ICE**

These questions will help kick-start your discussion time. The main goal for this time is to get everyone talking and prepare them for the more focused conversation to follow.

**LOOK DOWN
LOOK AT GOD'S
WORD**

The goal for this section is to let the passage speak for itself and stand on its own. This isn't easy! During this time, you will read the passage out loud (twice) and answer questions focused on the details of the biblical text.

**LOOK OUT
IDENTIFY THE
RELEVANCE OF
GOD'S WORD IN
THE WORLD**

Jesus calls us to love others, just as He loved us. Based on your understanding of the text and how God is transforming your heart, how will you treat others? How will you apply this teaching to all of your relationships and to everyone you will see this week and beyond?

**LOOK IN
APPLY GOD'S
WORD**

Transformation comes from renewing your mind (Romans 12:2). The goal for this section is to look inward to allow God's Word to change you from the inside out. Use this time to discuss how your thoughts and feelings are affirmed and/or challenged.

Be sure to close your time together in prayer. You can take requests from the group, invite others to lead, and bring God the needs that stood out to you in your group time.

WEEK 1: WHEN DECISIONS ARE OVERWHELMING

GROUP DISCUSSION GUIDE

PREPARE

Listen and subscribe to the Mariners Life Group Leader Podcast.

If you missed the weekend message or want to review specific points, you can always watch, listen, and find bulletin notes online at marinerschurch.org/messages.

MAIN POINT

We live with new terms such as “decision paralysis” and “decision fatigue” as we are confronted with more daily decisions than any generation in history – adding stress and exhaustion to our lives. And then there are the big decisions, the ones that alter the trajectory of our lives. How do you make the right decision? How do you live in God’s will for your life? In the Scripture we will see that God has liberating wisdom for you.

LEAN IN BREAK THE ICE

What is a difficult decision you have had to make in life? What is it that made it so difficult?

LOOK DOWN LOOK AT GOD'S WORD

Read Psalm 37:4

4 Take delight in the Lord, and he will give you your heart’s desires.

Read Proverbs 3:5-6

5 Trust in the Lord with all your heart, and do not rely on your own understanding; 6 in all your ways know him, and he will make your paths straight.

What promises from God do you see in Psalm 37:4 and Proverbs 3:5-6?

What does Psalm 37:4 say we should do if we want our heart's desires?

Proverbs 3:6 says that knowing God will lead to what?

Why does it often seem like our heart's desires and God's desires for us are in conflict?

What does it practically look like for someone to "know" God as Proverbs 3:6 asks of us?

What makes you delight in the Lord in your life today?

In what ways may you be relying too much on your own understanding and not trusting the Lord enough in your everyday life?

**LOOK OUT
IDENTIFY THE
RELEVANCE OF
GOD'S WORD IN
THE WORLD**

**LOOK IN
APPLY GOD'S
WORD TO YOUR
LIFE**