

Week 2:

When You Need Refuge

I AM
STRONG

Questions

1. What illustration, story or example stood out to you this week?
2. Where are places, other than God, that you have sought refuge in the past when things got difficult? When you do turn to places other than God, what does it take to lead you toward seeking refuge in God?
3. Read John 16:33 and Psalm 46:1. In these verses, it is evident that God knows we will have trouble. When you're facing trouble, what does God's ever-present help look like in your life? How can you look for God's help and support in the midst of challenging circumstances?
4. Pastor Ron said, "The Truth of God sung, spoken, read, listened to, and memorized are handles to cling to in our suffering." What passage of Scripture, Bible story or song do you hold on to when life becomes difficult?
5. Read John 7:37-38. Do you believe this promise from Jesus? What does this promise look like in a world of struggle and pain?
6. Read Exodus 17:12. When Moses grew tired, others stepped in and helped him. Why do you think God wants us to ask others for help? How do you feel when you help others? How does that feeling draw you closer to Jesus?
7. Think of one caregiver in your life. How can you encourage them to stay faithful as they care for those that are suffering? Pray for them this week as well as take a tangible action to let that caregiver know they are not forgotten by God and others.

Scripture References

Psalm 18:1-2; Psalm 46:1; Psalm 91:2; Exodus 17:1-7, 12; John 7:37-38

Takeaways

- We have 2 options in the crashing waves.
 - Stay exposed and alone.
 - Find refuge in God.
- How does God provide refuge for us in suffering?
 - Some Truth to cling to
 - Someone's hand to hold
- The more empty you are the more needy you are.
- The Truth of God sung, spoken, read, listened to, and memorized are handles to cling to in our suffering.
- The hands and words of a good friend are a refuge from God in our suffering.
- Hey caregivers! Even you need to be poured into.

Week 2:

When You Need Refuge

- When you're a giver you'll have the support you need when it's your turn to go through a hardship.

I AM
STRONG