

VIRTUAL CONNECT GROUP GUIDE

May 10, 2020



CONNECT

Happy Mother's Day weekend! Share your favorite story about your mom or another mother-like figure who had an impact on you.

GROW

- Hans suggested that in the last few months the **rate of change** has outpaced our ability to keep up. How have you experienced this or seen this around you? Have you been forced to adapt in surprising ways?
- Sometimes change makes us **anxious, afraid, angry, or cynical**. What has brought out these emotions in you? What happens when these are the primary emotions we feel or others in our lives feel? Have you ever been "held hostage to a version of yourself you don't want to be?"
- Read: **Lamentations 3:19-26**
- With God, we are not forced to live as if we're playing in a championship game. God's love is "new every morning," and we will always **get another shot**. What does that reminder from Lamentations mean to you? In what ways do you see God reminding you that you are **more than enough**?
- This worship series theme, "Didn't See That Coming," speaks to so many things in our life right now. To remind yourself that God will **never leave you stranded**, read Paul's words from **Romans 8:35-39**.

PRAY

God, our emotions and feelings are real right now, but they can easily get the best of us. As so many things around us change quickly, remind us that you are constant, you are faithful, and you are forgiving. Amen.