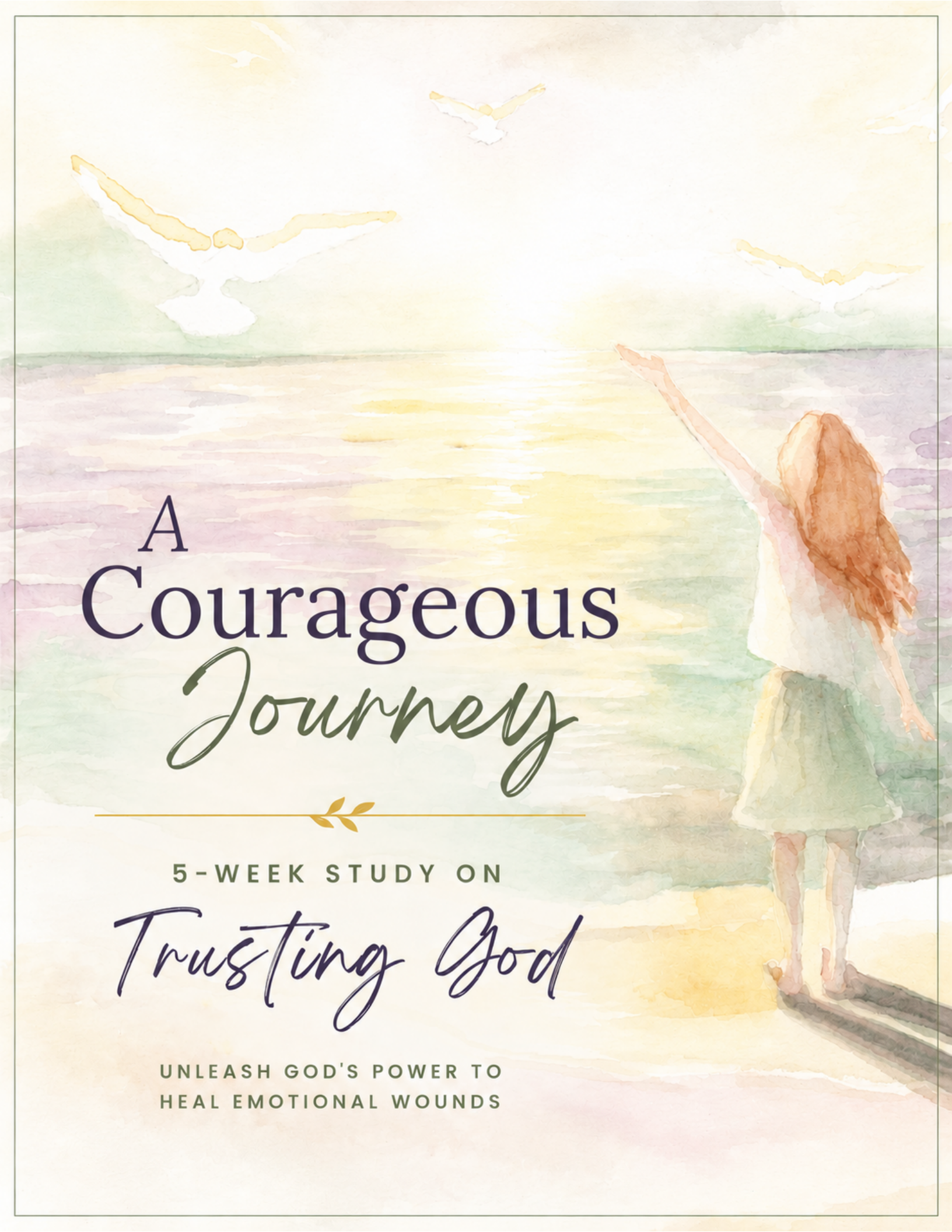




A Courageous Journey

5-WEEK STUDY ON

Trusting God

UNLEASH GOD'S POWER TO
HEAL EMOTIONAL WOUNDS

Topic One: Trusting God (Weeks 2-6)

Five-Week Small Group Guide

Welcome to the *A Courageous Journey* Study Guide!

I'm so glad you've chosen to begin this journey with others. My prayer is that God will use your time together to bring encouragement, healing, wisdom, and deeper relationships with Him and one another.

Feel free to adapt the suggestions in this guide to fit the unique dynamics of your group. Create an environment where everyone feels safe and respected, free to share deeply, answer briefly, or simply listen. Some weeks, God may be doing a quiet work in someone's heart that isn't ready to be spoken aloud, and that's okay.

As you meet together, remember that every person's story matters. Listen with compassion, avoid the urge to fix one another, and keep what is shared within the group confidential. Both spoken words and quiet moments can become meaningful ways that God teaches and transforms us.

One of the greatest gifts of studying together is learning from one another's experiences. As we share how God is working in our lives, He often uses those stories to encourage others and to reveal what He may be speaking to them as well.

May this journey draw each of you closer to Christ, and to one another.

Week 1: Trust Him in Hard Times

Personal study recap: This week you explored what it means to trust God when life is hard, and how our experiences in difficult seasons can shape, and sometimes distort, how we see Him.

Opening question (*choose one to start your discussion*):

- When life gets hard, what is your first instinct, to run toward God or away from Him?
- Has a hard season ever surprised you by drawing you closer to God than you expected?

Discussion questions:

1. What stood out to you most from this week's reading and Scripture?
2. Were there any reflection questions from your daily study that stirred something unexpected in you?
3. The daily reading explored how hard times can affect our view of God's character. Have you experienced that? How did it show up in your life?
4. What is one truth from this week that you want to hold onto?

Digging Deeper: This week's Digging Deeper invited you to reflect on a specific incident in your life that has influenced how you see God - what happened, the conclusions you drew about His character, and the truth He wants to reveal to you through that experience. Share as much or as little as you feel comfortable sharing.

You do not have to share the details of your experience. If you prefer to keep those private, consider sharing this with the group instead:

"One conclusion I drew about God because of a hard experience was _____, and what I sense He wants me to know instead is _____."

Closing prayer: Close your time together by having one person pray over the incomplete or distorted views of God that were shared, asking Him to gently replace each one with His truth.

Week 2: Releasing Control

Personal study recap: This week you looked honestly at the grip of control, why we reach for it, what it costs us, and what God invites us into when we finally let go.

Opening question:

- Is releasing control something that comes naturally to you, or does it feel like a struggle? What does that struggle look like for you?

Discussion questions:

1. What Scripture from this week spoke most directly to your heart?
2. The reading this week touched on how our need for control can quietly become a barrier to trusting God. Have you seen that pattern in your own life?
3. How did the reflection questions challenge or encourage you this week?
4. What does releasing control actually look like on an ordinary day, practically speaking?

Digging Deeper: This week's Digging Deeper invited you to reflect on a specific incident that shaped how you understand control, whether you were in control, out of control, or somewhere in between, and what truth God wants to replace those beliefs with. Share as much or as little as you feel comfortable sharing.

You do not have to share the details of your experience. If you prefer to keep those private, consider sharing this with the group instead:

"One thing I believed about control because of a past experience was _____, and the truth I sense God wants me to understand instead is _____."

After sharing, have someone read Proverbs 3:5-6 aloud over the group.

Closing prayer: Invite each person to silently identify one specific thing they are holding onto tightly right now and surrender it to God before closing in prayer together.

Week 3: Peace Through Trust

Personal study recap: This week you explored the connection between trust and peace, and what it looks like to receive God's perfect peace even when circumstances remain unresolved.

Opening question:

- Can you think of a moment when you experienced a peace that didn't make sense given what you were going through? What was that like?

Discussion questions:

1. What was the most meaningful Scripture you encountered this week?
2. How did this week's reading challenge the way you think about peace? Is it something we find, or something we receive?
3. Were there reflection questions that were difficult to answer honestly? What made them hard?
4. What barriers to peace did you identify in yourself this week?

Digging Deeper: This week's Digging Deeper invited you to reflect on a specific incident that shaped how you trust God for peace, asking Him how that situation created barriers to receiving His peace and what surrendering it might look like. Share as much or as little as you feel comfortable sharing.

You do not have to share the details of your experience. If you prefer to keep those private, consider sharing this with the group instead:

"One barrier I have created to receiving God's peace is _____, and one thing I sense He is inviting me to surrender is _____."

After everyone shares, sit quietly together for one minute, praying individually about the surrender just named.

Closing prayer: Close by reading Philippians 4:6-7 aloud together, then pray specifically over the barriers and surrendered concerns that were shared.

Week 4: Trust His Timing

Personal study recap: This week you sat with the tension between God's timing and your own and explored what it looks like to wait with confidence rather than anxiety.

Opening question:

- Is waiting on God something you find peaceful or frustrating? What does your waiting usually look like?

Discussion questions:

1. What Scripture from this week gave you the most clarity or conviction?
2. How did the reading help you think about the difference between waiting anxiously and waiting with trust?
3. Did any of the reflection questions reveal a pattern in how you respond when God's timing doesn't match yours?
4. Can you think of a time, looking back, when God's timing turned out to be better than what you had wanted?

Digging Deeper: This week's Digging Deeper invited you to reflect on a specific incident that revealed your struggle with trusting God's timing, asking Him what waiting with confidence rather than anxiety might have looked like and what unexpected blessings His timeline might bring. Share as much or as little as you feel comfortable sharing.

You do not have to share the details of your experience. If you prefer to keep those private, consider sharing this with the group instead:

"One area where I am currently struggling to trust God's timing is _____, and what waiting with confidence rather than anxiety might look like for me is _____."

Remember: *His timing is perfect, even when it is painful.*

Closing prayer: Pray specifically over each area of impatience or doubt that was shared, asking God to replace anxiety with a deep and abiding confidence in His perfect timing.

Week 5: A Path to Restoration

Personal study recap: This final week brought everything together, inviting you to trust God as the Restorer, the One who takes what is broken, lost, or disappointing and works it toward something beyond what we could imagine.

Opening question:

- What does restoration mean to you? Is it easy or difficult to believe God can restore what has been broken in your life?

Discussion questions:

1. Looking back over these five weeks, what has shifted in you (even slightly)?
2. Was there a moment in your study where you felt God speaking directly to you about His restorative power? What did He say?
3. What is one truth about trusting God that you want to carry with you beyond this study?
4. How has being in community with this group supported your journey through this topic?

Digging Deeper: This week's Digging Deeper invited you to reflect on a specific incident that has affected your belief in God's restorative power, identifying the parts of your heart you have kept from His healing touch, and what surrendering those broken places might open the door to. Share as much or as little as you feel comfortable sharing.

You do not have to share the details of your experience. If you prefer to keep those private, consider sharing this with the group instead:

"One broken place I have been hesitant to surrender to God is _____, and what I sense His restoration might look like there is _____."

After everyone shares, take a moment to pray specifically over each broken place that was named, trusting together that God's restorative power is greater than any loss or disappointment.

Closing celebration: Take a few minutes to celebrate what God has done in your group over these five weeks. Acknowledge one thing you appreciated about someone else in the group. Close your final session in worship, gratitude, and prayer, and if your group is ready and planning to meet for another five-week session, choose your next topic together.
