



SCRIPTURE

MATTHEW 11:25–30, HEBREWS 4:14–16, JAMES 4:6–8

Read Matthew 11:25–30 and discuss 1–2 of these questions:

- What's been the hardest thing you have experienced in your life?
- What do you think true rest from Jesus looks or feels like?
- What areas of your life feel “heavy” that you need to turn over to Jesus?

Read Hebrews 4:14–16 and discuss 1–2 of these questions:

- What is your initial reaction to hearing that Jesus can sympathize with our weaknesses?
- How do Jesus' struggles and sufferings give us confidence?
- How can knowing God is with you change the way you view going through hard times and experiencing hurt?

Read James 4:6–8 and discuss 1–2 of these questions:

- How would you describe “going to God” to someone hearing it for the first time?
- What can you do to go to God when life is hard?



CONNECTION

- What do you think gave Spafford the ability to say “it is well” even when his life was unimaginably hard?
- How could you get to a place where you could say “it is well” regardless of how difficult your circumstances are?

MARK OF A DISCIPLE

Disciples of Christ trust that God is always present, even when life is hard.

APPLY IT

Make a plan of specific steps you will take to experience God’s presence. Remember that he is there for the good and challenging times. Share that plan with a friend who can remind you of it.

Be specific:

- What are you going to do?
- When are you going to do it?
- Is there someone who can keep you accountable?

PRAYER

Take time to pray for each other’s applications in the upcoming weeks.

MEMORY VERSE

“It is the Lord who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed.”

Deuteronomy 31:8 (ESV)

WHEN
LIFE
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HARD

