

**Hebrews 4:14-16 (NLT)** So then, since we have a great High Priest who has entered heaven, Jesus the Son of God, let us hold firmly to what we believe. This High Priest of ours understands our weaknesses, for he faced all of the same testing's we do, yet he did not sin. So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.

## **REVIEW**

W1: A Frenetic Life

W2: Productivity: Unhurried Isn't Lazy

W3: Unhurried Enough to Care/ Do you care enough to be unhurried?

W4: Suffering: Unexpected Unhurrying

## **IN THIS LIFE**

- In this life, there is pain, tragedy, sorrow, tiredness, disease, and burdens.
- We don't always understand the things that happen in this life.
- Sometimes there are no easy answers.
- What I do know is God sent Jesus to us in our suffering.
- Matthew 11:28-30
- Questions to think about
- The Lens of the Cross
- He went through suffering.
- He came to seek and to save; he came to destroy the work of the devil.
- What happens when our lens gets muddy?
- The reasons why -

## **SO WHAT DO WE DO?**

- Deep Roots & Abidance in the Storm
- We need God's Presence, Word and Truth - the correct lens
- Paul went through such adversity
- 2 Corinthians 1:8-10 (NIV)
- He comforts us in our troubles
- 2 Corinthians 12:8-10 (NLT)
- Sometimes He delivers; sometimes He doesn't
- The devil attaches meaning
- In hardship, we can slow down and keep our eyes on Jesus
- Hebrews 12:1-2 (NLT)

## CLOSE

1. Do you need Jesus today?
2. What is a step you can take to get better connected today?
3. How will you answer the invitation to be closer to Him?

## QUESTIONS:

1. How was your week?
2. What stood out to you in this week's message?
3. Have you ever gone through a really hard time where it was hard to trust God? What happened?
4. Read Matthew 11:28-30 & Hebrews 4:14-16
  - a. What stands out to you in these passages?
  - b. What does it look like to go to God with your struggles?
5. Do you struggle to let people help you when you're suffering?
6. What does it look like to sit with people when they are suffering? Is this hard or easy for you?
7. Read 2 Corinthians 1:8-10 & 2 Corinthians 12:8-10
  - a. What stands out to you in these passages?
  - b. Share a time when God really worked in your difficult situation.
  - c. Was there ever a time you cried out for something and it didn't change?
  - d. Do you ever struggle trying to turn to your own strength in a difficult situation?
8. Which of these areas is the hardest for you to engage with as you try to abide or have deep roots? Which is the easiest for you?
  - a. God's Presence
  - b. God's Word
  - c. God's People
  - d. Putting on the lens of the cross
9. Prayer requests