

***Discuss the following bullet points as a group.**

***Which do you struggle with most? Why?**

- Taking care of myself
- Letting other people help me
- Allowing myself to be weak
- Believing that God can redeem crises/bad situations
- Being okay with things not being okay
- Feeling God's presence during a crisis/bad situation

***What is your "stool"? What are you struggling with right now?**

***What do the following verses mean to you?**

***How can you apply these verses to current and future struggles?**

"**The LORD hears** his people when they call to him for help. **He rescues** them from all their troubles." (Psalm 34:17)

"I have told you all this so that **you may have peace** in me. Here on earth you will have many **trials and sorrows**. But take heart, because **I have overcome the world**." (John 16:33)

"**Be strong and courageous**. Do not be afraid or terrified because of them, for **the Lord your God goes with you; he will never leave you nor forsake you**." (Deuteronomy 31:6)

"When you pass **through** the waters, **God will be with you**; and when you pass **through** the rivers, **they will not sweep over you**. When you walk **through** the fire, **you will not be burned; the flames will not set you ablaze**." (Isaiah 43:2)