



# SMALL GROUP LEADER GUIDE

## DEAL WITH IT | WEEK 2

### BOTTOM LINE

GOD CARRIES US *THROUGH* PROBLEMS, NOT *AROUND* THEM.

### SCRIPTURE

*Even to your old age and gray hairs, I am he, I am he who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you. With whom will you compare me or count me equal? (Isaiah 46:4-5a NIV).*

### GOAL OF SMALL GROUP

To help students understand that making bad choices makes bad circumstances worse.

### THINK ABOUT THIS

Leaders — as students open up about the pain they may be facing or trying to escape, be sure to monitor your facial expressions. This is especially true if a student opens up about a more serious issue in their lives. You don't want your facial expressions to convey surprise, shock, or judgment. Instead you want your expressions to convey understanding, empathy, and acceptance.

### SAY THIS

### DISCUSSION QUESTIONS

1. What takes up the most space in your brain right now (positive or negative)?
2. What are some ways people try to “escape” their pain?
3. In what ways can bad choices make bad circumstances worse?
4. Why is it tempting to distance yourself from God when you're going through something difficult?
5. When you feel pain, what's the difference between asking God to take it away, and asking God to help you **through** it? (*Leaders, both responses are good. The point isn't for there to be a right or wrong way to approach God. It's to recognize the difference between these two ideas.*)
6. How does it help to name the pain you're feeling?
7. Today we quoted the author of Isaiah saying, “God carries you.” How does a person take their pain to God and allow Him to carry them?
8. Instead of the negative choices you're tempted to make when you go through something difficult, what are some wise choices you can make instead?

### TRY THIS

Leaders, let your students know that if any of them have something painful they need to talk about, and they don't feel comfortable sharing with the group, you'd love to talk with them one-on-one. Or, you can help connect them with the right person to talk to.