

## TALK IT OVER

### JESUS STRENGTH FOR ME IN MY TROUBLES

#### ICEBREAKER (Start Talking)

Share some good news you received recently.

#### READ (Start Sharing)

We will all face struggles and sorrow in our life. These storms can come upon us suddenly and make us feel lost and alone. Read **Luke 8:24\***. Just as the disciples felt overwhelmed by the storm and cried out to Jesus, we should pray to Christ in our troubles to calm our mind and spirit. **Discuss a time prayer brought you peace in the middle of your troubles.**

#### READ (Start Sharing)

Whenever we are stuck in our sin, our hurts, or our circumstances, we are called to seek refuge, comfort and protection in Christ. Read **Isaiah 61:1\*\***. Another word for good news is 'gospel' and Jesus brought us the gospel of Matthew, Mark, Luke and John to lift us up when we are stuck in the bad news of this fallen world. **How do the words of the gospel of Jesus Christ in Isaiah 61:1 bring you hope and comfort?**

#### READ (Start Sharing)

Jesus' sacrifice on the cross to deliver us from sin and his following resurrection reminds us of the resurrection power we can experience in our troubles. Read **Ephesians 1:19-20\*\*\***. The same mighty strength that healed and raised Jesus from the dead is available daily for you. **What can you do to tap into this strength daily? (Ex. Pray, obey God, read Gods word, worship)**

#### WHAT WILL YOU DO (Start Doing)

**Pray to Jesus for the peace of God in your storms. Tap into God's resurrection in your troubles.**

#### PRAYER (Start Praying)

God, thank You for Jesus Christ; my Lord and savior. I pray for your peace as I choose to trust in you. Help me to tap into your resurrection power daily so I can persevere in my troubles and times of discouragement. In Jesus' name.

## READ GOD'S WORD DAILY using S.O.A.P.

#### Day 1:

*And they went and woke him, saying, "Master, Master, we are perishing!" And he awoke and rebuked the wind and the raging waves, and they ceased, and there was a calm.*

**\*Luke 8:24 (ESV)**

#### Day 2:

*"And everyone who calls on the name of the Lord will be saved."  
Acts 2:21 (NIV)*

#### Day 3:

*The Spirit of the Lord God is upon me, Because the Lord has anointed me (Jesus) To bring good news to the afflicted; He has sent me to bind up the brokenhearted, To proclaim liberty to captives And freedom to prisoners;*

**\*\*Isaiah 61:1 (NASB1995)**

#### Day 4:

*"So if the Son sets you free, you will be free indeed."*

*John 8:36 (ESV)*

#### Day 5:

*"I also pray that you will understand the incredible greatness of God's power for us who believe him. This is the same mighty power that raised Christ from the dead and seated him in the place of honor at God's right hand in the heavenly realms."*

**\*\*\*Ephesians 1:19-20 (NIV)**

# TIPS FOR ONLINE SMALL GROUP

- 1. HOSTING A SMALL GROUP MEETING ON ZOOM.** If you are interested in hosting a small group on zoom through New Hope Windward, let us know. Our small group team will help you get started. Zoom training is available.
- 2. EMAIL INVITE.** Ensure to send out a calendar invite with the meeting details and how to connect to the meeting platform on zoom.
- 3. REMINDER DURING THE WEEK.** Keep everyone in your group connected by sending a reminder during the week of your upcoming small group meeting.
- 4. START ON TIME & STICK TO YOUR TIME SCHEDULE.** For your scheduled meetings, it's recommended to get started within 5 minutes of your scheduled start time. Most small group meetings are held for about 60 minutes.
- 5. ZOOM'S BEST PRACTICE.** Familiarize yourself with the Zoom features on your electronic device. It is helpful for everyone to know where the mute button is located. Ask the attendees to self-mute to avoid environmental noise when someone else is talking & sharing. Doing this will help with the flow of your SG discussion time.
- 6. DOWNLOAD ZOOM APP.** In order to participate in the Online Small Group, download the Zoom App from your iPhone or Android. You may also download the Zoom App from your laptop PC or iPad device.

# TIPS TO IN-PERSON GROUP

- 1. START & FINISH ON TIME.** Doing this will show your small group you value their time.
- 2. BE COMFORTABLE WITH SILENCE.** Uncomfortable silences are bound to happen. It's okay! A long pause during a group discussion can be powerful. A *pause* gives space for quieter people to break into the conversation; silence allows people to figure out exactly what they would like to say.
- 3. CONFIDENTIALITY IS IMPORTANT.** Confidentiality is the key to building trust in relationships. Here are a few mottos to remember to be confidential: "What is said in small group, stays in small group." **Nothing, nobody, never...** *"Share nothing, to nobody, never"* outside of the group.
- 4. MAKE GROUP A PRIORITY.** Communicate in advance when you will be unable to attend by either calling and/or texting your host or responding to the zoom email invitation by accepting or declining. This will help your host to plan accordingly especially if it is an in person small group gathering.
- 5. AVOID TALKING or TEACHING TOO MUCH.** Small groups are designed for everyone to share and grow together.
- 6. ASK FOR HELP.** The Small Group Ministry is here to help. Email [smallgroups@nhww.org](mailto:smallgroups@nhww.org) to ask any questions, request training or other assistance for your Small Group.