



EXPERIENCING GOD'S

UNSHAKABLE

PROMISES

SMALL GROUP GUIDE

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SMALL GROUP TIPS

- 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. COMMIT TO SERVE.** Serving God + serving others is one of the best ways to better your relationships. Commit to serve in the church, in your home, and in your community. Discover the joy and happiness that God provides from serving. You can sign up to serve and test-drive a ministry, individually, or as a small group together! See week 4 for more details.
- 6. ASK FOR HELP.**
The Small Group Ministry is here to help. Email smallgroups@nhww.org to ask any questions, request training or other assistance for your small group.

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TIPS TO A SUCCESSFUL GROUP

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Finding Freedom from Your Worries

ICEBREAKER

What was something you worried about as a child that as an adult now seems silly or insignificant? (e.g., monsters, spelling tests, getting lost in the store)

INTRODUCTION

There are so many things in life we could worry about—our kids, our finances, our health, the future. But Jesus told us not to worry, because worry doesn't help—it steals our peace, drains our joy, and stalls our spiritual growth. It's like a rocking chair: a lot of movement, but no progress. Worry never solves our problems. But trusting God? That leads to peace. Today, we'll learn how to hand our worries over to Him—so we can find rest in our minds, peace in our hearts, and confidence in His care.

READ |

In Matthew 6:25–27, Jesus reminds us that worry does nothing to help us:

"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear... Can any one of you by worrying add a single hour to your life?"
- Matthew 6:25, 27 (NIV)

Worry doesn't solve problems—it only wears us down. In fact, chronic worry has been proven to potentially lead to heart disease, high blood pressure, anxiety, depression, and sleep problems. It weakens the immune system and can even affect memory and focus.

No wonder Jesus told us not to worry—He knows how damaging it is to our bodies, minds, and hearts.

Have you ever worried so much about something that it affected your health or stress level? Share what you had to do (or had to surrender) to return to health and peace.

READ |

Sometimes we're natural worriers. Other times, life just gets hard. And in those seasons, it's easy to wonder: Will God really come through? Why do others seem to have it easier? Does God care about what I'm going through? Those thoughts can stir up doubt and make it harder to trust God's promises.

But Jesus reminds us that God isn't just powerful—He's personal. He's not only the Creator of the universe, He's also a loving Father who cares deeply about every detail of our lives.

"Which of you, if your son asks for bread, will give him a stone? Or if he asks for a fish, will give him a snake? If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!"
- Matthew 7:9-11 (NIV)

What's something you've been hesitant to ask God for—because deep down, you're not sure He'll come through? How would your prayers change if you really believed He loves to give good gifts to His children?

READ |

Worry often fuels the fiery lies of the enemy. But with the power of the Holy Spirit, we can deflect those attacks, speak truth, and walk in peace. The more we trust God, the stronger

our faith becomes. Jesus gives us a powerful reminder where to focus our thoughts when we worry:

"But seek first His kingdom and His righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself..."

- Matthew 6:33-34 (NIV)

Seeking God's kingdom means turning to Him first—when we worry, when we doubt, and before we make decisions. It means trusting His ways, obeying His Word and His voice, and believing He will take care of the rest. Sounds like a great alternative to worrying!

Can you think of a time when God came through and strengthened your faith? What can you do this week to remind yourself of that when worry creeps in?

READ |

We often try to control things that are out of our hands, but no matter how hard we try we can't control the future. That's why Jesus reminds us in Matthew 6 not to worry about tomorrow.

Instead of stressing over what we can't control, we're invited to do what we can control—and surrender the rest to God. That might mean having a hard conversation, setting a boundary, taking care of your health, or just being faithful in what's right in front of you.

"The Lord is near to all who call on Him, to all who call on Him in truth." - Psalm 145:18 (NIV)

Do what's in your hands—and leave the outcome in His. God is faithful to provide what we need, when we need it. So, when worry strikes, remember: **I will do what I can do, and I will surrender to God what only He can do.**

What is one step you can take this week to worry less, trust more, and surrender the outcome to God?

WHAT WILL YOU DO?

When you begin to worry, remember the three "F's":

- Look to your **Father** – Bring it to Him first. He loves to give you good gifts.
- Look to your **Faith** – Remind yourself of what He's already done in the past.
- Look to your **Future** – God is in control, and He's not finished with your story.

ADDITIONAL ACTION STEPS (Optional):

- Read the provided scriptures on the next page this week to help replace worry with God's truth and peace.

CLOSE IN PRAYER:

Lord, thank You for Your patience as we wrestle with these worries. Help us to seek You first when we feel anxious, when we doubt, and before we make decisions. Teach us to surrender what we can't control and trust You fully with every outcome. When we begin to worry, help us do what we can do, and trust You with what only You can do. Replace our fear with faith, and help us live in the freedom You've promised. In Jesus' name, amen.



Make time to be in God's WORD

Reading God's Word daily re-patterns the way you think and transforms your mind. Doing your daily devotions is an excellent way to record, process, and share what God is teaching you on a personal level. We do this using S.O.A.P.

- S - Scripture**
- O - Observation**
- A - Application**
- P - Prayer**

Here's an example:

S: *Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.' "*
- Matthew 4:4 (NIV)

O: Jesus said that we can't live on food alone. Our life is sustained through His Word.

A: Just as food is important to me, God's Word is even more because it will sustain me and give me the strength to live out my life.

P: Jesus, thank You for reminding me that I need Your Word to give me the wisdom & strength to follow You. Help me to make time to spend with You daily. In Jesus' name I pray, amen.

SCRIPTURES FOR S.O.A.P.

Day 1:

Don't worry about anything, but pray about everything. With thankful hearts offer up your prayers and requests to God. Then, because you belong to Christ Jesus, God will bless you with peace that no one can completely understand...

- Philippians 4:6-7 (CEV)

Day 2:

Do not be afraid—I am with you! I am your God—let nothing terrify you! I will make you strong and help you; I will protect you and save you.

- Isaiah 41:10 (GNT)

Day 3:

Whenever I am anxious and worried, you comfort me and make me glad.

- Psalm 94:19 (GNT)

Day 4:

Give all your worries and cares to God, for He cares about you.

- 1 Peter 5:7 (NLT)

Day 5:

Trust in the Lord with all your heart; do not depend on your own understanding. Seek His will in all you do, and He will show you which path to take.

- Proverbs 3:5-6 (NLT)

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TIPS TO A SUCCESSFUL GROUP

- **COMMIT TO 21 DAYS OF DEEP BREATH DEVOTIONS.** Challenge your small group to complete the 21 Days of Deep Breath Devotions. Experience more of God's peace, power, and wisdom for your daily life, work, and family. As time permits, allow members to share any breakthroughs or takeaways from this daily devotional exercise. See page 3 for more details.

How to Silence Anxiety

ICEBREAKER

What would you do if you had 4 more hours in your day?

INTRODUCTION

We could all use more time in our day. Most of us have jam-packed schedules and endless To-Do Lists. But often, what's really missing... is peace. But the good news is Jesus made us a promise:

"Peace I leave with you. My peace I give to you. I do not give to you as the world gives.

Don't let your heart be troubled or fearful."

- John 14:27 (CSB)

Jesus offers us His peace—something the world can't give and can't take away. Today, we'll learn how to experience that kind of peace in our minds—and live **unshakable** lives, even in the middle of a busy, stressful world.

READ |

True, lasting peace comes from Jesus. The world offers peace, but it's artificial and counterfeit. It's temporary peace that leaves us worse off than before. There is a big difference between worldly peace and godly peace. For instance, the world might offer a drink, a distraction, or even a vacation to help you cope. Even the "good" things the world offers, like a nice vacation or money, only provide short-term relief and never fully satisfy. But God offers something far deeper: peace that satisfies your soul.

You will keep in perfect peace all who trust in You, all whose thoughts are fixed on You!
- Isaiah 26:1-3 (NLT)

The Hebrew word for peace, *shalom*, means peace, wholeness, completeness—like when all the pieces of a puzzle fit together. Your day is fulfilling and your purpose in life is clear when you have the type of peace God offers.

What would your life feel like if you lived with that kind of peace from God every day?

READ |

It's one thing to read about God's peace, but it's another to actually live in it. If Jesus promised to leave us His peace, why do we still feel anxious or overwhelmed?

In Isaiah 26, God promises perfect peace to those whose minds are fixed on Him. That means locking your focus on who God is—*His strength, His faithfulness, His promises*—especially when life gets hard. It's choosing to turn your worries into prayers. It's training your mind to choose to trust Him—again and again—through prayer, through Scriptures, and through surrender.

The battle for peace doesn't start around us; it starts within us. Most people think, "If I can fix what's going on OUT there, then I'll have peace IN here." But God flips that. Once you fix what's going on in your mind—by focusing on Him—you'll find peace, even when life is still messy.

Do you find it hard to fix your thoughts on God during the day? What are some ways you keep your thoughts fixed on Him? (Example: set a reminder to pray, write down a promise from God, play worship music, or quote a verse when fear creeps in.)

READ |

Paul gives us a clear strategy for peace in Philippians 4. He writes: “Fix your thoughts on what is *true*...” (Philippians 4:8). But what does that really mean? It means this: focus on what God says—not what fear says. We all battle thoughts that create anxiety or discouragement. But when we focus on what’s true, we can silence the lies and experience God’s peace. Here are a few examples:

When fear says, “You’re not enough,” truth says, **“*The Lord is my strength and my shield*”** (*Psalm 28:7*).

When anxiety says, “You’ll never make it,” truth says, **“*My God will supply all your needs*”** (*Philippians 4:19*).

When shame says, “You’ll always be stuck,” truth says, **“*Who the Son sets free is free indeed*”** (*John 8:36*).

Want to make this practical? Write down one verse that speaks truth to your fear. Post it where you’ll see it—on your phone, mirror, or in your car. When your thoughts start to spiral, speak it out loud.

Pick one of the three truths above. Which one do you need to hold onto this week to replace your worry with God’s peace? Or is there another verse?

READ |

Jesus didn’t just promise peace—He lived it. In Mark 4, the disciples were caught in a violent storm while out on the water. Waves were crashing, the boat was filling with water, and they were panicking. And where was Jesus? Asleep. They woke Him up shouting, “Don’t you care that we’re going to drown?” And look at what He did:

“Jesus got up, rebuked the wind and said to the waves, ‘Silence! Be still!’ Suddenly, the wind stopped and there was a great calm.”
- Mark 4:39 (NLT)

Here’s the key: **Jesus was in the storm with them.** He didn’t keep the storm from happening—but He showed that even in the chaos, His presence brings peace.

Peace isn’t the absence of problems. It’s the presence of Jesus in the middle of them. Even storms obey His voice. And when you’re overwhelmed, you can turn to Him—not just for rescue, but for reassurance. *God may not always calm the storm around you, but He can calm the storm within you.*

What helps you remember Jesus is with you in the boat when your life feels chaotic? (Example: listening to worship, talking to a godly friend, opening Scripture, praying honestly.)

READ |

Let's revisit Paul's words of advice in *Philippians 4*. He tells us what to do with our worries:

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.
- *Philippians 4:6-7 (NLT)*

Before you panic, pray. And don't just pray—bring your needs to God with thanksgiving. That means thanking Him in advance for what He's going to do, even before you see it.

Here's the promise: When you give your worries to God, He gives you His peace. Not just any peace—but peace that guards your heart and mind like a shield. His peace protects you from the inside out. *When you put your problems in Jesus' hands, He puts peace in your heart.*

What is one area of your life you need peace in right now?

WHAT WILL YOU DO?

To receive the lasting peace that only comes from God, remember to:

- **Fix your thoughts on what God's truth says**
- **Put your problems in God's hands**

ADDITIONAL ACTION STEPS (Optional):

- Each week, we encourage you to read additional scriptures and feed your mind, heart and soul with God's word. We have provided SCRIPTURES on the next page for you to do your daily devotions.

CLOSE IN PRAYER:

Lord, thank You for promising us peace. You know how quickly we can lose it in the middle of stress and noise. Help us fix our thoughts on You—on what is good, true, and unshakable. Remind us to bring every worry to You in prayer, and fill our hearts with the peace only You can give. In Jesus' name, amen.



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- Matthew 4:4 (NIV)

O: Jesus said that we can't live on food alone. Our life is sustained through His Word.

A: Just as food is important to me, God's Word is even more because it will sustain me and give me the strength to live out my life.

P: Jesus, thank You for reminding me that I need Your Word to give me the wisdom & strength to follow You. Help me to make time to spend with You daily. In Jesus' name I pray, amen.

SCRIPTURES FOR S.O.A.P.

Day 1:

Therefore, since we have been made right in God's sight by faith, we have peace with God because of what Jesus Christ our Lord has done for us.

- Romans 5:1 (NLT)

Day 2:

May the Lord of peace Himself give you peace always in every way. The Lord be with all of you.

- 2 Thessalonians 3:16 (CSB)

Day 3:

In peace I will lie down and sleep, for you alone, LORD, make me dwell in safety.

- Psalm 4:8 (NIV)

Day 4:

Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.

- Colossians 3:15 (NIV)

Day 5:

Cast all your cares on Him, because He cares about you.

- 1 Peter 5:7 (CSB)

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TIPS TO A SUCCESSFUL GROUP

- **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. Additional tips on page 3.

You Are Not Alone in Life's Storms

ICEBREAKER

What is your favorite outdoor activity?

INTRODUCTION

The disciples spent a lot of time in boats. Many of them were fishermen before following Jesus. Because of that, they knew the dangers that storms would bring. One night, the disciples traveled across the Sea of Galilee by boat, but a huge, gusting storm came upon them. This story, found in Mark 4, tells us so much about the power of Jesus over the elements, but also about His nearness to us in our struggles. Though struggles in life, like storms, have a way of sneaking up on us and overtaking our lives, Jesus is powerful enough to handle any storm and loving enough to stick by us through any struggles.

READ |

As evening came, Jesus said to His disciples, “Let’s cross to the other side of the lake.” So they took Jesus in the boat and started out, leaving the crowds behind... But soon a fierce storm came up. High waves were breaking into the boat, and it began to fill with water.

- Mark 4:35-37 (NLT)

Let’s notice a few things: first, it was evening, meaning they had just finished a long, exhausting day of ministry. Second, Jesus was with them—He didn’t send them alone. Then, out of nowhere, a fierce storm hit. The wind was wild. Waves were crashing. Water was filling the boat fast. It must have felt overwhelming—just like life does sometimes.

Have you ever noticed how struggles seem to come from every direction? If it’s not one thing, it’s another... and sometimes, it’s everything all at once. But Jesus was on the boat with them.

Think of a recent storm in your life. How did you respond? How might your response change if you remember Jesus is in the boat with you?

READ |

Jesus was sleeping at the back of the boat with His head on a cushion. The disciples woke him up, shouting, “Teacher, don’t You care that we’re going to drown?” - Mark 4:38 (NLT)

Often, when we face struggles, our initial reaction is the same as the disciples – “Jesus, do You even care?” We might even say it out loud. “Don’t you care...”

- *“That I’m hurting?”*
- *“That my relationship is falling apart?”*
- *“That I feel so lonely?”*
- *“That I lost my job?”*

Jesus isn't offended by your honesty. He already knows how you feel—so process your feelings with Him.

Why do you think we hesitate to tell God when we’re disappointed with Him? How does it make you feel knowing Jesus actually wants your honesty—that He invites your questions?

READ |

Let's dig deeper into this story. Jesus was in the boat when the storm hit. That means He was going through it too. Think about that. The most holy person to ever walk the earth didn't avoid the storm—He went through it.

If Jesus faced storms, we will too. But here's the good news: your struggles don't mean God is distant. They may actually be proof that He's close.

Let's be clear:

- The presence of problems does *not* mean the *absence of God*.
- And the presence of God does *not* mean the *absence of problems*.
- Storms are part of life. You're either in one, coming out of one, or heading into one.
- But if you belong to Jesus, you're never in the storm alone.

Which one are you right now—in a storm, coming out, or heading in? If you're in one now, how is Jesus carrying you through it? If not, what can you do now to build your faith before the next one comes?

READ |

The disciples were astonished that Jesus could sleep through such a violent storm. But that simply reveals His humanity. He was tired, just like we are after a long day. But what He did next showed His divinity:

When Jesus woke up, He rebuked the wind and said to the waves, "Silence! Be still!" Suddenly the wind stopped, and there was a great calm. The disciples were absolutely terrified. "Who is this man?" they asked each other. "Even the wind and waves obey him!"
- Mark 4:39, 41 (NLT)

The disciples had already seen Jesus perform miracles—healing the sick, casting out demons... But this moment was different. Even nature obeyed Him. And it left them in awe.

Have you experienced God's power in a way that showed you who Jesus really is? Maybe He brought peace in chaos, healed when it seemed impossible, or provided just in time. What did that moment teach you about Him?

READ |

"I have been given all authority in heaven and on earth. And be sure of this: I am with you always, even to the end of the age."
- Matthew 28:20 (NLT)

Jesus has all authority—over storms, struggles, and everything in between. But He doesn't just rule from afar. He promises to stay close. You are never alone—not in the storm, not in the waiting, not in the wondering.

When life gets overwhelming, what reminds you that Jesus is still with you?

WHAT WILL YOU DO?

We will all face storms in life. When we do, let's:

- **Seek His presence in the middle of our storms.**
- **Believe in His power to bring peace and strength in the middle of the chaos.**
- **Remember: *The storm may be big, but your Savior is bigger—and He's in the boat with you!***

CLOSE IN PRAYER:

Father God, thank You for never leaving us alone. Even when the waves crash, even when fear rises, You are near. Help us remember that Your presence is greater than any problem. We choose to trust You in the middle of the storm, to know you're working even when we can't see it. We believe You are powerful, You are present, and You are enough. In Jesus' name we pray, amen.



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A: Just as food is important to me, God's Word is even more because it will sustain me and give me the strength to live out my life.

P: Jesus, thank You for reminding me that I need Your Word to give me the wisdom & strength to follow You. Help me to make time to spend with You daily. In Jesus' name I pray, amen.

SCRIPTURES FOR S.O.A.P.

Day 1:

We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance.

- Romans 5:3 (NLT)

Day 2:

You are from God, little children, and you have conquered them, because the one who is in you is greater than the one who is in the world.

- 1 John 4:4 (CSB)

Day 3:

"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future."

- Jeremiah 29:11 (NIV)

Day 4:

You make known to me the path of life; in Your presence there is fullness of joy; at Your right hand are pleasures forevermore.

- Psalm 16:11 (ESV)

Day 5:

The LORD answered, "My presence will go with you, and I will give you peace."

- Exodus 33:14 (GWT)

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- **START & FINISH ON TIME.** Doing this will show your small group you value their time. Additional tips on page 3.

When Life Feels Like One Big To-Do List

ICEBREAKER

What is your favorite way to spend a day off?

INTRODUCTION

Life can feel like a never-ending cycle of hustle. You wake up early, stay up late, and no matter how hard you work, the To-Do List just keeps growing. It can leave you feeling *exhausted*, not just physically, but deep in your soul. When we chase after success, approval, or control, we end up drained and discouraged. But Jesus offers something better: He invites us to find true rest. Today, we'll look at His invitation for the weary and how we can trade our worries for His peace.

READ |

Jesus knows what it's like to be tired. He worked long days. He felt pressure from people. He knew what it meant to be exhausted. That's why He gives this invitation:

*“Come to Me, all of you who are weary and carry heavy burdens, and I will give you rest.
- Matthew 11:28 (NLT)*

This isn't just rest for your body—it's rest for your soul. The kind of rest that replenishes you deep down. Notice who Jesus invites: “*All* who are weary.” That includes both those who feel spiritually close to Him and those who feel completely off-track. Maybe you feel like Jesus is mad at you—or disappointed. But the truth is you're still covered by His love. And He doesn't just want to forgive you—He wants to help you.

We all get tired and weary at some point. When you do, where do you usually turn first—friends, food, scrolling, distractions? How does that compare to turning to Jesus?

READ |

In the Bible, the word "weary" is not just physical tiredness. This type of weariness is being worn down emotionally, mentally, and even spiritually. It's the kind of exhaustion that goes beyond needing a good night's sleep. It's the fatigue that comes from constantly feeling like you're falling behind, or that your situation will never change, or that no matter how much you do, it's never enough. It's something rest alone can't fix.

In today's world, we often feel like we need to measure our worth based on how much we accomplish—whether it's the number of emails we send, how clean our house is, how much money we've saved, or how productive we've been. We constantly keep score, trying to prove to ourselves and others that we're doing enough. But the truth is, no matter how much we achieve, it always seems like there's more to do. The never-ending to-do list can leave us feeling tired and unfulfilled.

Why is it so easy to find our value in what we achieve or get done? How might your life feel different if you really believed your worth comes from God, not your performance?

READ |

In Mark 11, Jesus used the word "yoke." (Not "yolk" as in the yellow part of an egg!) A yoke was a wooden bar placed across the necks of animals—usually oxen—to help them carry a heavy load or pull something like a plow. It guided them to do whatever the master holding the reins wanted them to do, such as plow a field or carry a heavy load.

Notice that Jesus doesn't say, "Drop the yoke! Stop all your work!" He's inviting us to do our work with Him, not apart from Him. It means doing what you do *with* Jesus, not just *for* Him. When we live like that, we go through the day yoked to Jesus. Our work becomes worship. And our burdens start to feel lighter.

What's one practical way you can yoke yourself to Jesus in your day-to-day life? (Examples: starting the day with prayer, pausing to ask Him for help before a task, listening to worship while working, inviting Him into your schedule)

READ |

Jesus promises rest for those who take His yoke upon them. Rest is whatever refocuses you on the grace, the goodness, and the power of God. It's how you stay connected to God during your busy day.

For instance, you might focus on the goodness of God by taking a break for a meal with the people you enjoy spending time with. You can set aside time for a prayer walk during lunch. You might listen to worship music in your car on the way to the office, or while doing yard work. You might have a small group you meet with before work that helps you focus. Rest doesn't have to happen on a day off. You can find rest in God even in the midst of your work. It simply takes refocusing our eyes on Him.

What's one small thing that helps your soul slow down and reconnect with God during a busy day? Is there a part of your day where you can pause and connect with Jesus—even if it's just for 30 seconds?

READ |

The world values what you do—your job, your achievements, your productivity. But Jesus values who you are. Culture says your worth comes from your title, your paycheck, or how much you've accomplished. But God says your worth comes from being His.

When your identity is anchored in Christ, you don't have to prove anything. You're already accepted. Already loved. Already enough. That changes how you work. Your job becomes an offering, not a performance. Your to-do list stops defining you, and your soul can finally breathe. You were made for more than hustle. You were made for *Him*.

What's one way you can remind yourself this week that your value comes from who you are in Christ—not from what you do? (Examples: write down a truth from Scripture, take a break without guilt, celebrate progress—not perfection)

WHAT WILL YOU DO?

If we want true freedom from our worries, it takes letting go of them and holding onto Jesus.

- **Come to Jesus—not just with your problems, but with your schedule.**
- **Let Him set the pace and carry the weight with you.**

CLOSE IN PRAYER:

Father, thank You for inviting us to rest. You know how tired we are in our body, mind, and soul. We admit that we often try to carry too much on our own. But today, we choose to come to You. Teach us to walk with You, work with You, and to rest in who You say we are. Help us slow down and live at Your pace, not the world's. In Jesus' name, amen.



Make time to be in God's WORD

Reading God's Word daily re-patterns the way you think and transforms your mind. Doing your daily devotions is an excellent way to record, process, and share what God is teaching you on a personal level. We do this using S.O.A.P.

- S - Scripture**
- O - Observation**
- A - Application**
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Here's an example:

S: *Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.' "*
- Matthew 4:4 (NIV)

O: Jesus said that we can't live on food alone. Our life is sustained through His Word.

A: Just as food is important to me, God's Word is even more because it will sustain me and give me the strength to live out my life.

P: Jesus, thank You for reminding me that I need Your Word to give me the wisdom & strength to follow You. Help me to make time to spend with You daily. In Jesus' name I pray, amen.

SCRIPTURES FOR S.O.A.P.

Day 1:

Then Jesus said, "Let's go off by ourselves to a quiet place and rest awhile." He said this because there were so many people coming and going that Jesus and His apostles didn't even have time to eat.
- Mark 6:31 (NLT)

Day 2:

The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, He leads me beside quiet waters, He refreshes my soul. - Psalm 23:1-2 (NIV)

Day 3:

Then He told them, "The Sabbath was made for man and not man for the Sabbath."
- Mark 2:27 (CSB)

Day 4:

Six days do your work, but on the seventh day do not work, so that your ox and your donkey may rest, and so that the slave born in your household and the foreigner living among you may be refreshed.
- Exodus 23:12 (NIV)

Day 5:

It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to His loved ones.
- Psalm 127:2 (NLT)

EXPERIENCING GOD'S

UNSHAKABLE

PROMISES

TIPS TO A SUCCESSFUL GROUP

- **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. Additional tips on page 3.

Was That God Speaking Or You?

ICEBREAKER

Growing up, whose voice did you easily recognize and why?

INTRODUCTION

Hearing God's voice is, in a way, a skill that can be mastered. Many of us find it difficult to hear His voice, while it seems that others make it out to be very simple. The truth is it takes practice to hear His voice. But hearing His voice makes us **unshakable** in our faith.

This week as we begin our Unshakable series, we're learning what it takes to hear God's voice so that we are ready to receive the promises He has for us.

READ |

We might think we are hearing from God, but how do we know for certain? It might be our own minds talking to us: our own desires, an intrusive thought, or the promptings of the enemy. It takes much practice to be able to discern God's voice. But the more you follow, the more you'll begin to recognize His voice.

The one who enters through the gate is the shepherd of the sheep ... the sheep recognize His voice and come to him ... and they follow Him because they know His voice.

- John 10:2-4 (NLT)

The first step in hearing God is to become one of His sheep. Without intentionally working on developing a relationship with Jesus and obeying Him, it is almost impossible to hear from Him.

Has there been a time when you thought you heard God speak and later realized it wasn't? How did you come to that conclusion, and did that experience affect you?

READ |

Let's discuss three crucial steps to hearing God. The first one is to simply **ask God to speak to you**.

There was a young boy named Samuel in the Old Testament who heard God speak at an early age. He grew up serving in the Temple under the high priest Eli. One night, while sleeping near the Ark of the Covenant, he heard someone call his name. Thinking it was Eli, he ran to him. But Eli realized it was the Lord and told him how to respond:

Eli said to Samuel, "Go and lie down again, and if someone calls again, say, 'Speak, LORD, your servant is listening.'"

- 1 Samuel 3:9 (NLT)

With that simple response, Samuel heard clearly from God throughout his life. So, the first step to hearing God's voice is to *ask Him to speak*.

What might be keeping you from asking God to speak? Is it distraction, doubt, or the belief that He speaks to others but not to you?

READ |

The next crucial step to hearing God's voice is simple but often overlooked: **listen and do what He says**. Eli didn't just tell Samuel to say, "Speak, Lord." He added the key: "Your servant is listening."

God speaks to those who are actively listening because *He is relational*. He wants two-way communication, not just monologues. Prayer isn't just talking—it's listening as well. When you pray, take some time in silence to listen.

God speaks in different ways—primarily through His Word, but also through people, circumstances, promptings from the Holy Spirit, and sometimes through dreams or visions.

When you pray, how often do you take time to listen? Share a time you heard God speak to you through a scripture, a person, a sermon, or through the Holy Spirit.

READ |

The three steps to hearing God's voice are: (1) *Ask Him to speak to you*, (2) *Listen and do what He says*, and (3) **Do what He tells you to do**. When Samuel prayed he said, "Speak Lord, your servant is listening." God often speaks to those who are ready to respond. It's not just about hearing—it's about obeying.

Jesus replied, "The people who are really blessed are the ones who hear and obey God's message!"
- Luke 11:28 (CEV)

If you want to be blessed, don't just hear—follow through. God speaks to hearts that are ready to act. If we ignore what He's already said to us personally or through His Word, why would He keep speaking? A great way to stay in step with Him is to ask: "What was the last thing God asked me to do—and have I done it?" Do what He says and get ready to be blessed!

What is something God has told you to do? Share how you were blessed by obeying!

READ |

Before acting on what you believe God is saying, run your decision through these 8 filters. If your decision doesn't pass at least 4 or more, pause and seek more clarity. God confirms His voice, and these filters help you avoid being led by emotion, pressure, or confusion.

HOW TO KNOW IF YOU'VE HEARD GOD'S VOICE

- 1. GOD'S WORD** – If what you're hearing doesn't agree with Scripture, it is not from God. He will never tell you to do something that contradicts His Word.
- 2. GODLY COUNSEL** – Run your decision by mature believers and give them permission to speak freely and honestly. God confirms through community.
- 3. FAST & PRAY** – Set aside time to seek God intentionally. Like Nehemiah, sometimes the clarity comes after weeks—or even months—of seeking.
- 4. GOD'S PURPOSES** – God's voice will always align with building your character and/or His Kingdom, not just benefiting yourself.

5. CIRCUMSTANCES (OPEN OR CLOSED DOORS) – Open doors can be opportunities, but they're not confirmations on their own. Always test them with several of these filters.

6. PEACE OR NO PEACE – True peace from God can accompany God's will, but beware—comfort and peace aren't always the same.

7. DESIRES – God can lead through desire, but make sure those desires are surrendered, not driven by flesh, fear, or convenience.

8. PROPHETIC WORDS OR DREAMS – If you receive a dream or word, ask God: “Was that from You?” Then test it through the rest of these filters.

Which of these filters do you tend to rely on most to confirm you're hearing God—and which one do you often overlook or skip? Is there a current decision you're facing that needs to be re-evaluated using these filters?

WHAT WILL YOU DO?

Ask God to speak to you—don't overcomplicate it. Simply invite Him to speak to you.

Listen to what He says—through God's word, godly people, and the Holy Spirit.

Do what He tells you to do—do what God tells you to do and be blessed.

Seek confirmation through the 8 filters—don't rely on just one or two confirmations.

ADDITIONAL ACTION STEPS (Optional):

- Take time this week to strengthen your ability to hear God by staying in His Word.
- Use the Scriptures provided on the next page as a guide for your daily devotions.
- **As a group, discuss if you will continue meeting together for small group!**

CLOSE IN PRAYER:

Heavenly Father, thank You for speaking to us. We know that You desire to speak words of peace and love, encouragement and conviction, and truth and grace to our hearts and minds. Help us to remove all distractions so we can focus on Your voice. Give us the courage to ask You to speak to us, the willingness to listen to what You have to say, and the desire to do what You tell us to do. May we become people accustomed to hearing Your voice, just as sheep who recognize the voice of the Good Shepherd. In Jesus' name, amen.



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P: Jesus, thank You for reminding me that I need Your Word to give me the wisdom & strength to follow You. Help me to make time to spend with You daily. In Jesus' name I pray, amen.

SCRIPTURES FOR S.O.A.P.

Day 1:

Your own ears will hear Him. Right behind you a voice will say, "This is the way you should go," whether to the right or to the left.
- Isaiah 30:21 (NLT)

Day 2:

For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires.
- Hebrews 4:12 (NLT)

Day 3:

Do what God's word says. Don't merely listen to it, or you will fool yourselves.
- James 1:22 (GWT)

Day 4:

"Be still, and know that I am God!"
- Psalm 46:10 (NLT)

Day 5:

Here I am! I stand at the door and knock. If anyone hears My voice and opens the door, I will come in and eat with that person, and they with Me.
- Revelation 3:20 (NIV)



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