

# EVER WONDER WHY?

ANSWERS TO SOME OF LIFE'S TOUGHEST QUESTIONS

## TIPS TO A SUCCESSFUL GROUP

- **ALLOW SPACE FOR DOUBT.** Hosts and participants should allow people space and time to process their doubts. Genuine doubt and questions are healthy for spiritual growth and it is important to not discount and/or minimize genuine doubts. Additional tips on page 3.

## What to Do While You're Waiting

### ICEBREAKER

Quickly describe an example of when you had to wait much longer than expected for something. How did you react to the time of waiting?

(Examples: Waiting in line, on hold on the phone, waiting for a job offer, etc.)

### INTRODUCTION

Discouragement is a common experience that can stem from things like fatigue, frustration, and fear. In our fast-paced world, waiting and facing obstacles can intensify these feelings, leading to a loss of hope or confidence, leaving us questioning *“Why am I still in this difficult season?”*

What strategies can we employ to overcome these challenging emotions? Is it possible to transform periods of waiting or setbacks into opportunities for personal growth and renewal?

## **READ |**

*"Wait patiently for the Lord. Be brave and courageous. Yes, wait patiently for the Lord."  
-Psalms 27:14 (NLT)*

The bamboo tree grows underground for years before suddenly shooting up - similar to how God often works invisibly before we see visible results. Meanwhile, frustration and discouragement can often tempt us to give up, before seeing it come to fruition.

**Share about a time when you almost quit during a waiting season but chose to persevere. What helped you "get back up" when you wanted to give up?**

## **READ |**

The Bible promises perfect peace to those who trust God and fix their thoughts on Him. Focusing on God's character and promises can calm our anxious hearts in waiting seasons. Spiritual practices like prayer, listening to and singing worship music, attending church, fellowship and meditating on Scripture help us maintain this posture of trust.

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

**What 'spiritual practices' help you maintain peace while waiting?  
Which of these has helped you in your difficult seasons - church, worship, fellowship, volunteering, prayer, scripture?**

## READ I

*"Be still, and know that I am God!" -Psalm 46:10a*

Sometimes waiting can feel more like a wrestling match than sitting still! It's like when you're really excited about something but have to wait - your heart wants to rush ahead, but God is asking you to trust His timing.

Being still means intentionally stepping back from your own strategies, worries, and attempts to manage every detail of your life. It's a deliberate act of trust, acknowledging that God is working even when you can't see or understand His plan.

### **What are some ways you can be still and place your trust in God?**

(Examples: Trusting God despite the circumstances, daily quiet time to process, praying before taking action, etc.)

## READ I

*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)*

We've all been there - trying to handle everything ourselves until we're exhausted. There's a divine exchange that happens when we bring our worries to God first: He offers His peace in return. It's like having a backpack full of heavy rocks - God's inviting us to trade it for His lightweight, perfect peace instead. God doesn't just tell us to stop worrying, but He gives us a clear path to peace. This is why it is crucial to make prayer our first response, not our last resort, especially when we find ourselves asking "why is this happening?"

**Tell us about a time when you made prayer your first response, not your last resort. What changed for you?**

**Discuss with your Small Group if you will continue to meet for the series following “Ever Wonder Why?”**

## **WHAT WILL YOU DO?**

This week, turn your ‘season of waiting’ from a burden into a blessing by:

- Writing down lessons God is teaching you in this season
- Finding someone else to encourage - helping others helps us
- Praying first. Trusting God instead of panicking or trying to force solutions

## **ADDITIONAL ACTION STEPS:**

- 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:**

Father, thank You that You are working even when we can't see it. Help us to find strength in the waiting and hope in times of discouragement. Give us wisdom to know when to rest, when to persist, and when to reach out for help. Thank You that Your timing is perfect even when we don't understand it. In Jesus' name, amen.



## Make Time to be in God's WORD

Reading God's Word daily re-patterns the way you think & transforms your mind. Doing your daily devotions is an excellent way to record, process, & 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:**

*Let all that I am wait quietly before God, for my hope is in him. He alone is my rock and my salvation, my fortress where I will not be shaken.* --Psalm 62:5-6 (NLT)

### **Day 2:**

*However, we hope for something we have not yet seen, and we patiently wait for it.*  
--Romans 8:25 (CEV)

### **Day 3:**

*I wait [patiently] for the LORD, my soul [expectantly] waits, And in His word do I hope.* --Psalm 130:5 (AMP)

### **Day 4:**

*We wait in hope for the Lord; he is our help and our shield. In him our hearts rejoice, for we trust in his holy name.*  
--Psalm 33:20-21 (NIV)

### **Day 5:**

*Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.*  
--Isaiah 41:10 (NLT)