

IT Happens Small Group Conversation

Try keep this conversation no longer than 45 minutes - it is no good sending people home exhausted from just talking for too long. Keep the conversation moving and upbeat. Don't let people take the group off the topic. Do your best to draw out the contributions of quieter people. Land the time in prayer, but remember to gently coach people who haven't prayed in a group before. There is no pressure to pray aloud.

Get to know each other

What are the things that worry us the most? (i.e. Job security, will I find a life partner (husband/wife), money, relationship issues, exams, health etc.) As a group, try create a hierarchy of worries together. You could just write them on a big piece of paper, or to make it more fun/challenging, find objects in the house that represent those worries and lay them out on the floor.

IT Happens: Worried

What do you think the root cause of worry is?

Read and discuss: Philippians 4: 4-9

This passage was written by Paul whilst he was in prison - how can he write "Rejoice in the Lord always; again I will say Rejoice!"?

Often we worry because the 'thing' on which we place ultimate value is being threatened in some way and so our world is in turmoil. When Jesus is of ultimate value in our lives, even though we may lose good things we can still experience the ultimate love and peace of a God who is in control. Discuss this statement.

Can anyone share of an experience, where they managed to overcome worry, and how did they do it?
OR How can we overcome worry?

IT Happens: Ashamed

What do you think the root cause of shame is?

Read and discuss: 1 John 1:9 - 2:2

How do you find freedom from guilt and shame?

Pray together

Subdivide into small groups of the same genders (groups of 2 or 3 would work well) Ask them to share with each other

Any worries that may seem more real than the peace available in Jesus

Any times when Jesus has freed you from feelings of guilt and shame

Pray for each other to experience peace instead of worry and freedom instead of shame.