

the whole story: Part 4 Managing Tensions

TALK IT OVER

Key Scriptures (continued on next page).

Job 40:1-5

40 The Lord said to Job:

2 “Will the one who contends with the Almighty correct him? Let him who accuses God answer him!” **3** Then Job answered the Lord: **4** “I am unworthy—how can I reply to you? I put my hand over my mouth.

5 I spoke once, but I have no answer— twice, but I will say no more.”

John 10:10 The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

2 Cor 12:17-10 Therefore, in order to keep me from becoming conceited, I was given a thorn in my flesh, a messenger of Satan, to torment me. **8** Three times I pleaded with the Lord to take it away from me. **9** But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me. **10** That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

1 Cor 10:13 God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.

Romans 8:28 And we know that for those who love God all things work together for good, for those who are called according to his purpose.

Job 23:10 But he knows the way that I take; when he has tried me, I shall come out as gold.

James 1:2-4 “Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.”

Start Talking. Find a conversation starter for your group.

- Knee-jerk reaction question: when you hear the word “blessing” what is the first thing that comes to mind? GO!

Start Thinking. Ask a question to get your group thinking.

- Read Job 38-39 as a group. How does God’s first response to Job impact your perspective of areas in life you’re tempted to disagree with God about? If you have time to read the rest of Job do so, if not, encourage group to read the rest at home this week.

Start Sharing. Choose a question to create openness.

- Pastor Jeff used “Struggles are not always problems to solve. Struggles are often tensions to manage” as a summary statement to Job’s major life crisis and God’s response to Job. How does that outlook impact some of the struggles you have experienced or are currently going through?
- Sometimes its difficult to discern between a “problem to solve” and a “tension to manage.” How can you tell the difference between the two?
- Of the three tools given to help manage tension, which one do you need to use more often? Is there one you’re already great at?
 - Assume the best of God and worst of Satan
 - Spend less time asking “why did this happen” and more time asking, “where can God grow me?”
 - Acknowledge and Practice

Start Praying. Pray this prayer in your own words over the person next to you!

Father in Heaven, thank you for using every struggle to sanctify myself and my brothers and sisters in Christ. You love us too much to leave us where we are, and so you propel us forward in life to help us grow in our relationship with You! Help us to manage the tensions in our life, and help us to do so in a way that honors you! Grant us a supernatural ability to not only handle our own tensions, but to also be a source of strength in the lives of others, that through your work in us, we can also help others manage the tensions of life well. We ask this all in the delivering name of Jesus, amen!

Start Doing. Commit to a step and live it out this week.

- Life is complicated and people often add to the complications by trying to fix everything at once. Pick ONE struggle you’re currently facing and discern if it is a problem to solve and a tension to manage. Invite someone to pray over that with you, and work together to a) solve the problem OR b) build a system to help manage the tension well.

Find out more by checking out the series “the whole story – part 4” at www.myrestore.church

the whole story: Part 4
Managing Tensions

TALK IT OVER

Romans 5:2-6

2 Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God. 3 Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, 4 and endurance produces character, and character produces hope, 5 and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us. 6 For while we were still weak, at the right time Christ died for the ungodly.

Hebrews 5:12-14 "For though by this time you ought to be teachers, you need someone to teach you again the basic principles of the oracles of God. You need milk, not solid food, 13 for everyone who lives on milk is unskilled in the word of righteousness, since he is a child. 14 But solid food is for the mature, for those who have their powers of discernment trained by **constant practice** to distinguish good from evil.

James 1:2-4 "Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything."