



### Key References:

#### **John 13:21 (NLT)**

<sup>21</sup> Now Jesus was deeply troubled, and he exclaimed, “I tell you the truth, one of you will betray me!”

#### **John 14:1 (NLT)**

<sup>1</sup> “Don’t let your hearts be troubled. Trust in God, and trust also in me.”

#### **Deuteronomy 31:6 (NLT)**

<sup>6</sup> “So be strong and courageous! Do not be afraid and do not panic before them. For the Lord your God will personally go ahead of you. He will neither fail you nor abandon you.”

#### **Matthew 28:20 (NLT)**

<sup>20</sup> Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age.”

#### **John 14:16-17 (NLT)**

<sup>16</sup> “And I will ask the Father, and he will give you another Advocate, who will never leave you. <sup>17</sup> He is the Holy Spirit, who leads into all truth. The world cannot receive him, because it isn’t looking for him and doesn’t recognize him. But you know him, because he lives with you now and later will be in you.”

#### **Psalms 23 (NLT)**

<sup>1</sup> The Lord is my shepherd; I have all that I need. <sup>2</sup> He lets me rest in green meadows; he leads me beside peaceful streams. <sup>3</sup> He renews my strength. He guides me along right paths, bringing honor to his name. <sup>4</sup> Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me. <sup>5</sup> You prepare a feast for me in the presence of my enemies. You honor me by anointing my head with oil. My cup overflows with blessings.

Reflecting back on the past weekend’s sermon, was there anything you heard for the first time, that caught your attention, challenged or confused you?

### **1 – FELLING TROUBLED?**

The sermon this weekend began with Jesus speaking to his friends about having hearts that are ‘troubled’; it’s something that we can all relate to. First, he shared from his own life (John 13:21) and then spoke to his disciples about theirs (John 14:1). **What kinds of things trouble your heart? What stresses you out, steals joy from your life and makes you say, ‘Where are you Lord?’**

Deborah said, “*A troubled heart eats away at your faith.*” **Do you agree with this or not? If so, how does trouble “eat away” at faith?**

### **2 – THE HOLY SPIRIT**

Read Deuteronomy 31:6, Matthew 28:20, and John 14:16-17. **How do these verses relate to each other?**

Read the following passages and identify the Spirit’s role in our lives: Acts 1:8; John 14:26; John 15:4-5.

**Can you think of any reasons why God is so concerned about people relying on his presence in times of trouble and not just your own power?**

**Can you think of any examples in your own life that have been helpful in reminding you of your need to rely on God’s Spirit?**

### **3 – THE LORD IS MY SHEPHERD**

Read Psalm 23. **Which sections of this famous psalm bring you the most hope for where you are in your life right now? Why?**

\* **Prayer:** Invite Jesus to fill you with the Holy Spirit once again.