



## **Week 1 | Rise | March 5**

**Key Focus: The anxious heart needs the gospel.**

### **Opening Up:**

- What is your favorite rainy (or down) day...
  - comfort food?
  - soundtrack?
  - activity?
  - place?

### **Reference: 1 Thessalonians 1:1-10**

#### **Discuss:**

1. How does the suffering of Christ help you to understand and cope with your suffering? (Acts 17:3)
2. If someone said to you, "I don't see how God could allow this to happen?" How would you answer them? How does Christ's suffering help you answer them?
3. Paul prayed for the church "constantly" and "always." (1:2) How have you benefited from the prayers of others?
4. Paul brought assurance and encouragement to an anxious church through reminding them of their faith journey. What about your past with God brings you courage in your present faith experiences?
  1. Explain what it feels like to know God as your father. How does knowing that the Father has chosen you, encourage you? (1:4; Romans 8:15)
  2. When have you experience the power of God in the preaching of the word of God? (1:5) When you have experience the power of God when the gospel was being lived out in a practical way? (1:5)
  3. When did you receive the gospel in your life? Explain your context and experience? (1:6)
  4. What was one of first things that changed about you when you received the gospel? What is the biggest change to your life because of God's grace? (1:7-8)
  5. How has the gospel reverberated out from your life... In other words, whose life has been changed by your changed life? (1:8-9) Who is a Christian today because of your testimony? How do these stories encourage your faith today?
5. The church turned to God and trusted Jesus. (1:9-10) What do you need to turn from and in what ways do you need to trust Jesus more today?
6. Pray.