



DISCUSSION GUIDE

Plan B: Week Three

Opening Prayer: Loving God, in all my movement you are present. When I am at rest and in love with you, I discover your living presence is beyond an idea — it is an experience. Be with us today as we look for ways we see that you are with us in all of life.

Talk It Over: As we close out our Plan B series, we looked at the life of Joshua. Joshua seemed to be in situations that required him to surrender verses control. He was definitely brave, in spite of the fear, when faced with what you could say were his multiple “Jordan Rivers”. This weekend, we looked at the importance of remembering that God is with us in the midst of these more difficult and scary seasons of life. God is there even when we are frustrated, angry or just sad about what is currently happening. He is there in the messiness of Plan B.

- In what ways do you feel or see God’s presence in your daily life?
- Do you notice God more during the good times or the bad?
- If you have any spiritual practices that help you connect with the presence of God, share them with the group.

Read Psalm 42:2-4 (The Voice)

David is crying out to God and in a sense vomiting his frustration with how far away he feels. This scripture reminds us that not only is God with us but he can handle our fits in times of struggle.

- Can you identify with David’s writing?
- Do you ever pour your frustration out to God?
- How does expressing yourself shift things in your thinking and in your body?

Read Psalm 34:18 (The Message) and Romans 8:31 (The Voice)

What’s the key to staying centered when the world around you is spinning out of control? We can see in scripture that a deep understanding that God is with us all the time can anchor us in peace — despite the ups and downs of life. When we allow ourselves to spiral in the anxiety of things not working out according to plan, recognizing that God is still present can be a very difficult, and may even feel impossible at times. So just like we practice surrender, we have to practice looking for him.

- Read through the contemplation below and try to put it to practice several times this next week. Consider setting a reminder in your phone.
- When you gather back together, discuss the ways God has showed you his presence in both the good and stressful times of your life.

Contemplation: Practice a simple prayer of “Show Me” to God. We know in our minds that he is with us, but in order to truly believe that we need to practice it. As you go about your day whisper, cry out, or confidently ask God to begin to show you how he is with you. Make sure you do this in multiple situations, not just the stressful ones. Try journaling your thoughts around this simple prayer.

Closing Prayer: God, your presence is steadfast and comforting. Teach us how to see you in practical ways. Thank you for loving us. Show me your presence.

Challenge: Read the story of Joseph (found in Genesis chapters 37-40) this week on your own. Notice when Joseph acted out of assurance that God was with him — even in the more difficult times.