



05.09.2021  
I'M A MESS  
Discussion Guide

## BIG IDEA

Do you feel like your life is a mess? What can you do when the waves of life seem to keep crashing onto you? Pastor Tammie Floyd teaches us three critical steps to better handle the everyday crises of life.

## SCRIPTURES USED IN THE MESSAGE

- Proverbs 23:7
- Psalm 55:22
- 1 Peter 5:7-8
- 1 John 5:14-15
- Deuteronomy 31:6
- Jeremiah 32:17
- Hosea 4:6
- Jeremiah 29:11
- 2 Corinthians 10:5
- Acts 16:25-26
- John 10:10

## TALK IT OVER

Choose questions that keep the discussion moving. No need to discuss every question.

- What thought or problem are you ruminating? Why can ruminating be unhealthy? What are some practical ways we remember to pause and replace our toxic thoughts with the Word of God?
- What concerns do you need to throw completely onto God? How can you tell whether you've cast something completely onto God?
- What promises of God have you stood upon because of Who God is? What was the result?
- What songs or times of worship has God used to change your life? What is your song for this season?

## APPLICATION IDEAS

- Recognize. Replace. Repeat. Recognize your toxic or negative mindsets. Replace them with the truth of God's word. Repeat the process.

## PRAYER FOCUS

At Lifepoint, we pray until something happens. Make time in every group meeting to pray for one another and the larger matters of concern to your group.

- Be intentional this week about praying that God give you the faith to step out of the comfort of the baby pool and to trust Him in the depths of deeper waters.

## LEADER TIPS

- Give an example of the "Recognize. Replace. Repeat." process to your team during this week's small group.