



# COMMUNITY GUIDE

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## WEEKLY APPLICATION

**TAKEAWAY:** God's invitation is to rest with Him, even amidst life's storms.

**HEAD CHANGE:** Perfectionism often prevents moms (and others) from enjoying everyday moments.

**HEART CHANGE:** God promises to walk through difficulties with us, even if He doesn't promise immediate resolution.

**LIFE CHANGE:** Faith is applying what we know about Jesus to our circumstances.

## OVERVIEW

We explored the profound invitation to rest in God's presence, even amidst life's storms. The sermon delves into Luke 8:22-25, where Jesus calms the storm while peacefully napping in the boat. This powerful narrative isn't just about Jesus' authority over nature; it's a metaphor for how we can find peace in our own turbulent times. We're reminded that faith isn't about the absence of storms, but about trusting in God's presence through them. The contrast between Jesus' calm and the disciples' panic invites us to examine where we place our faith when challenges arise. Are we frantically trying to solve everything ourselves, or are we resting in God's unwavering love and control? This message encourages us to practice 'breath prayers' - inhaling God's grace and exhaling our worries - as a tangible way to experience His peace that surpasses understanding. It's a call to rest not just physically, but spiritually, trusting that even when we can't calm the storm, we can trust the One who can.

*"I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world."*

John 16:33

## DISCUSSION QUESTIONS

1. The sermon mentioned that perfectionism is the number one reason moms struggle to enjoy everyday moments. How have you seen this play out in your own life or in the lives of those around you?
2. Read Luke 8:22-25. What stands out to you about Jesus' response to the storm? How does this challenge or encourage your own faith?
3. The pastor said, "Faith is applying what you know about Jesus." What do you know about Jesus that you need to apply to a current situation in your life?
4. Discuss the concept of "breath prayers." How might this practice help you connect with God throughout your day?

## CLOSE IN PRAYER

Close by thanking God for His unwavering love and asking for His help to rest in Him, even amidst life's storms.

**IN THIS TOGETHER!**