

17 MAR 2017 LENT CONTEMPLATION

A Reality to Hold On To (John 14:1-6)

1. The Problem of a Troubled Heart

2. The Reality to Hold Fast To

3. The Route for Troubled Hearts

4. QUESTIONS FOR PERSONAL CONTEMPLATION

- a. How do I normally handle trials and troubles in my life? How do I choose to trust in God when everything within me wants to worry and stress over my circumstances? See how the psalmist deals with his despair in Psalm 42.
- b. Take Home Question
Are there specific pursuits, pleasures, or possessions that are keeping me from adopting an eternal perspective? If so, how can I eliminate these distractions? Read Colossians 3:1-3, 2 Timothy 4:8.

5. QUESTIONS FOR CELL DISCUSSION

- a. What is your instinctive reaction when trouble(s) come your way and you experience pain, hurt, confusion, disappointment, fear, frustration, etc.,?
- b. Share how you can encourage and support one another in your cell to trust Jesus (more) in the midst of life's challenges and uncertainties.
- c. Take Home Cell Follow Through
Is the promise of heading home to heaven (to calm our troubled hearts) a significant motivation for you? Why or why not?