



Key Points :

When we start to follow God's plan we can feel flat, discouraged and attacked by others, situations and also spiritually. In these times we need to hear God's voice to encourage, rebuild and confirm in us his plan.

God can talk to us through many ways, people, Bible verses or the Holy Spirit to name a few. We have been given the gift of the Holy Spirit to help us when we feel that we don't have the words to say. We can also be used by God to help those around us when they are feeling flat and low.

But the biggest take away to remember, is that as shown in Ezra 5:1, if it is God's plan then he is OVER IT, He is in control and the battle has already been won, it is a no-contest for those who are trying to stop God's plan. Lean on Him, trust Him, spend time with Him and know that He is there with you!

Questions:

Conversation Starter

1. Have you ever had to do a 'Trust exercise'? What happened?

Start Thinking & Sharing

2. Have you ever read a Bible verse and felt that it was for someone you know, or, had someone's name pop into your head? What did you do?

3. When was the last time you felt that you were doing something God had asked but also felt that you were not being supported?

4. When we feel low, God has given us both a church family and, even better, The Holy Spirit to help us, How do you feel both of these can help in some of the situations already talked about? How have you experienced this?

Start praying. Be bold, and pray specifically.

6. God, help me to listen to your voice, especially when I can be that person to encourage and support someone who is feeling low. Help me be honest with you and those around me when I myself am feeling low. Amen

Start doing. Commit to a step, and live it out this week.

7. In small groups, or as a whole, spend time praying for one another, lifting each other up and being honest when you feel high or low, giving thanks to God through this. Also if you feel comfortable spend some time talking in tongues with each other.