



MESSAGE SERIES GUIDE

Timberlake Church

June 1 & 2
Pastor Ben Sigman

FOR LEADER:

In preparation for group discussion, take a few minutes to read through the scriptures and discussion questions

MESSAGE RECAP:

This week was the first message in our new series “At the Movies”. We all have times in our life that we get overwhelmed. We need to figure out how to move beyond those feelings and recalibrate our lives.

The most recent message is available online at Timberlakechurch.com/messages for further study

SCRIPTURE TO READ:

Psalm 55:1-8

Additional:

Psalm 55:22; Psalm 55:23; II Corinthians 12:9

DISCUSSION QUESTIONS:

1. How do you react when you feel overwhelmed?
2. Have you had any sudden crises that cause you to be overwhelmed?
3. What internal struggles have caused you to get overwhelmed?
4. Broken relationships can cause many people to feel overwhelmed. Has this happened to you?
5. What are some ways you have found to get beyond those overwhelming times?
6. Read Psalm 55:2-3. How can the enemy keep us from assessing the real cause of our feelings?
7. Have you ever tried to DIY your own major issues instead of casing your cares on the Lord?
8. Pastor Ben said feeling overwhelmed is an opportunity to recalibrate life and faith. How can you apply this to your life?

