

## One Day at a Time Sermon Discussion Participant's Guide

**Purpose of Discussion:** To discuss why we struggle to bring our needs to God and identify a few practical ways to do this in our daily lives.

**Sermon Refresher:** Keith talked about how God loves to provide for us, and we are to trust him with our needs one day at a time.

**Icebreaker:** When you have a problem of any kind, where is the first place you usually turn?

**Transition:** Even though we know we're supposed to bring our needs to God, we all tend to turn elsewhere before we turn to him.

### **Discussion:**

1. What are the areas that you find most difficult to talk about when they are not going well? Why do you think it's tough for you to talk about that area specifically?
2. Would you say that those are the same areas you struggle to bring to God? Are there any additional areas you struggle to bring to him?
3. What do you think prevents you from bringing those areas of your life to God?

*Leader Note: This could be many things, but one of the main issues is wanting to be self-sufficient and independent. We don't want to have to rely on anyone, and praying means we're admitting we're helpless.*

4. If God already knows what you need, why do you think he wants us to pray?

# THE **crossing** **small groups**

5. Read Philippians 4:6-7 out loud.

## Philippians 4:6-7

<sup>6</sup>Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup>And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

The prayer that Paul is describing is a daily habit of bringing your worries to the Lord daily. Why do you think it is important to do this regularly instead of every once in a while?

6. What are some practical ways that you've found that help you to do this?

**Sharing and Prayer:** Have each person in the group choose one area of life they will commit to bringing to the Lord in prayer during the following week. Talk about how each person will make time in their schedule and remind themselves to do this. Pray together as a group that God would grow each person in their desire to bring their needs to him.