



# His STORY

## Icebreaker:

Have you ever prayed for something and felt like nothing changed?

How did that affect your faith?

## Discussion:

MARCH

1

Pressure or Position



NEXT WEEK

Exodus 6-8

### 1. Afflicted but not Crushed (Psalm 34:19 and 2 Corinthians 4)

What does it mean to be “pressed but not crushed”?

Where do you currently feel external pressure?

How has God sustained you in past seasons of affliction?

What might God be revealing through your current pressure?

### 2. Seated with Christ (Ephesians 2:4-6)

What does it mean to you personally to be “seated with Christ”?

How would your reactions change if you truly believed your position was secure?

When pressure rises, do you tend to live from ground level or from position?

### 3. Why is this happening? (Romans 8:28)

Share a time when you felt like something was “falling apart” but later unfolded for good.

What makes it hard to trust that God is working when you cannot see it?

What does striving look like in your life? (Control? Anxiety? Overworking? Overthinking?)

What does “sitting in position” look like practically?

### 4. Why did God send me? (Ephesians 2:10)

What does it mean to you that you are God’s workmanship?

Where have you allowed outcomes to define your identity?

Why does delay often feel like defeat?

Where have you mistaken delay for failure?

### 5. Why hasn’t God Delivered? (Romans 8:35-37)

Why does delay often feel like defeat?

What thoughts surface when you don’t see immediate deliverance?

What does it mean to be victorious in the middle of trouble?

Is it possible that deliverance is unfolding even when you cannot see it? What would change in your emotions if you believed God has already secured the final victory?

What are you currently anchoring your emotions to:

- Outcomes?
- Other people?
- Your performance?
- Christ’s finished work?

## Deeper Dive:

1. Think of one situation in your life that feels like it’s “falling apart.” List three possible ways God could use this for growth or good - even if you don’t see it yet.

2. What truth about my identity (accepted, loved, secure, victorious) do I most need to believe right now?

3. What is one faithful step I can take this week to anchor myself in trust instead of fear?