



## STUDY GUIDE – May 10, 2020

Message Title: **OVERCOMER – Tension at Home**  
Teaching Pastor: Brian Hughes

*This study guide has been designed for Small Groups in mind, and can be used by individuals as well.*

OVERCOMER ..... Tension at Home..... 5/10/20

### **Warm-up/Icebreaker:**

In the movie, “Jurassic Park,” the dinosaurs varied substantially in their behavior. There was nothing subtle about Tyrannosaurus Rex – it used brute force to get its own way. The Velociraptor (Raptor) was clever, and worked with others to manipulate its prey into a vulnerable position. The Duckbill ran from danger whenever possible. The small Compsognathus (Compy) looked harmless but when around injured prey it would dart in, nip quickly with paralyzing venom, and then run off, only to return later to finish the attack.

Which of these dinosaurs are you most like? Would your loved ones agree with you?

### **Pray:**

Dear Lord, help us to set aside the chaos, uncertainty, and tension to have open minds and hearts to Your timeless truths. We know just like anything we face in life, the Bible has just the right words for us, the perfect instruction for this moment. Let us hear Your truths and be transformed from the inside out.

### **Get Started:**

On Sunday, Pastor Brian said, “Right now, many of us would ‘say’ we love our families - our parents, our kids, our spouses. But frankly, we’re not behaving with love. And love is a cheap word without action... **to flatten the curve, we need to Serve One Another.**”

**Read 1 Peter 4:8-11**

**Read James 1:19**

God not only commands us to love, he tells us *how* to do it. What are some practical examples of how you could implement the above in your relationships?

### **Watch and Discuss video:**

Pastor Brian referenced the rubber bands from Sunday’s message again. What are some “rubber bands” that you feel the pressure from right now at home? Ask your group to make a mental or written list of all the things they can think of that make them tense.

Next to each trigger, have them write the reaction that they ‘already’ do. Then, ask them to write the reaction they ‘wish’ to do.

Take a moment to visualize one of the tension triggers happening and reverse the situation by replacing the action they usually do with the action they wish to do. (Healthy exercise to practice just 5 minutes daily)...They can discuss the reaction and ‘wish’ with the group, if they choose.

"One of the most effective tools in your arsenal is to call for a time out - not simply for you to step away, but for you to center yourself. God is not a concept, he's a voice you can hear, a presence you can feel, (*read slowly*) a gentle, rest-giving, burden-reducing, soul-restoring, wisdom-granting, love-creating, living God who will give you perspective if you don't simply run away from the tension but run towards God. He has the answers, but you must let Him embrace you. Speak to you. Calm you. Remind you."

-Pastor Brian

**Reflect and Commit:**

**Read Romans 12:2**

The world works from the outside in (conform), but God works from the inside out (transform). As we learn about God's Word, we have a choice to make to value His truths over the patterns of the world. Take a minute of silence to envision a weight scale and honestly evaluate which has been held heavier lately, the world's viewpoints and ideas or God's truth. Is your agenda being set from the outside or from within? (Share if time permits).

**Pray:**

Dear God, we thank You that even though we are weary and burdened, we can come to You and find rest for our souls. Thank you that we can center ourselves on You, and be transformed from the inside out by Your Word. Remind us, Holy Spirit, to run to You for our perspective at all times, in all things.