



WHEN PANIC ATTACKS

Talk About It

Bottom Line

Your friend's pain isn't a problem for you to solve. It's a place for you to sit.

Scripture

Job 3:3-8a; 3:11, 16, 20, 23; 4:6-9; 5:17; 6:24-30; 19:1-8; 42:7-8; 2:11-13

Conversation Questions

1. What are some of the everyday 'why' questions you ask using your smart devices?
2. What are the 'why' questions you have asked or are asking currently that can't be answered by a simple internet search and are really questions only God can answer?
3. What's your typical response when one of your friends or family members asks one of those 'why' questions from question #2? Do you try to provide an answer, or are you comfortable with being silent and allowing them to vent their frustrations and heartache?
4. The message talked about how Job's friends were uncomfortable with Job's shaking his fist at God and tried to solve the puzzle of his pain rather than trusting and allowing God to respond. How have you tried to give an answer to the questions of somebody else's pain?
5. One of the lessons the book of Job teaches is that the best response we have to somebody else's pain is to sit with them in silence. To mourn with them and allow God to respond to the questions they ask of Him. Is this difficult for you? Why or why not?
6. What are some situations your friends are going through right now that need your presence and not your answer? Perhaps it's somebody who wrestles with anxiety, depression, cancer, etc. What are some practical ways you can live that out today?

Icebreaker

Question #1 is a good icebreaker.

Activity

Take time to really pray for each other in your group. Many of us have hard situations that we need God's hand to move in and his Holy Spirit to comfort us. Consider breaking into smaller groups of 3 to share and pray for each other.