

DISCUSSION GUIDE



PART 3: RUMINATE

DATE: 10-09-2022

START

As the great Garth Brooks sings, "some of God's greatest gifts are unanswered prayers". Oftentimes we don't always recognize the gifts that come from God now answering some of our prayers. Thank goodness that God gives us what we need, and not what we always want.

- What are some prayers you have prayed that have gone unanswered?
- What blessings have you received from some unanswered prayers?
- When has God given you what you need opposed to what you wanted?

READ

[1 Kings 19:4](#) (NIV)

"while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had **enough**, LORD," he said. "Take my life; I am no better than my ancestors."

THINK

It's tempting to throw in the towel when life hits hard. We get fed up, overwhelmed, and start to believe enough is enough! Elijah felt this way when He was being pursued by his enemies. These feelings are continually multiplied when we begin to believe the falsehoods that we tell ourselves.

- When have you felt like you have had enough?
- How do you tend to react when life crashes in on you?
- What are some of the lies that you begin to believe about yourself?

The thoughts we have about ourselves and others direct our emotions which in turn direct our actions. If we ruminate on negative thoughts, our emotions and actions will be negative. If we ruminate on positive thoughts, our emotions and actions will be positive.

- Do you tend to ruminate on negative thoughts or positive thoughts?
- How have your thoughts shaped your emotions and actions?
- How can you begin to break the cycle of negative thinking in your life?

PRAY

"God, when life is overwhelming, help me to take captive my thoughts and to dwell on who you are and who you say that I am. Give me eyes to see the good and positives in life so that my emotions and actions can be shaped by them."

ACT

This week, read [Philippians 4:8](#). Pick a word in that verse that resonates with you and make a list of things in your life that corresponds with that word for you to think about this week.

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