



In the Middle

Part 4 - Let God Refine You

Discussion Guide

We are in a series about being stuck in the middle. This is a message to our church, a church caught in the middle. The message could just as easily be called, “Don’t Waste the Quarantine.” These are trying times, difficult times, divisive times. We are all polarized. However, while we are here, let’s allow God to refine us so that we are stronger for the next season.

Jump Start

1. Do you find it hard to be still and just wait on God? If not, share with the group how you deal with waiting.
2. **Read [Matthew 6:34](#)**. The opposite of anxiety is trust. What is causing you anxiety in your life? How can you begin to trust God with that “thing”? Take some time to write out a verse of scripture to meditate upon and speak out loud whenever the feelings of anxiety well up in your spirit.
3. **Read [Micah 6:8](#) and [Isaiah 48:10](#)**. What is God requiring of you in this season? Are you willing to do that “thing” in order to see God refine you? Are you willing to take the step to begin wor
4. **Read [Exodus 20:3](#) and [Psalm 17:3](#)**. Idols are anything we worship, anything or anyone we put before our relationship with God. In this season, it is very easy to make comfort an idol. It’s easy to focus on ourselves and forget what God has brought us through, seeing this season a barrier rather than a blessing. What have you made an idol? God’s promises are still—and always have been—available to us. How will you shift your focus off your idol(s) and towards God’s promises for your life?
5. **Read [Proverbs 30:5](#), [Psalm 26:2](#), and [Acts 2:37](#)**. How will you be devoted to pursuing God’s promises and allowing Him to refine you? How can you get into a rhythm of seeking God’s will for your life, before you begin to complain or compare? Take some time to memorize the verse you wrote down in Question 2. (If you are completing this study and not in a Life Group, what two or three people will you gather with or call in order to study God’s Word with them? Or will you take that next step to join a Life Group?)
6. **Read [Acts 2:42](#), [2 Corinthians 12:9](#), and [2 Peter 1:3](#)**. Is God alone enough? Take some time to examine your heart. Spend time in prayer asking God to reveal those things in you that are keeping you stuck. Is it bitterness? Do you need to ask for forgiveness or accept someone’s apology? Is there an idol that you need to move from being your priority? Is it your image or power? Have you become materialistic?

Deeper

We will learn how to complete a **SOAP Bible Study** by looking at one passage of Scripture and breaking it down. **SOAP** stands for **Scripture Observation Application Prayer**. Let's get ready to sit down with the Bible and see to what God wants to show us. Completing this study during your quiet time, then sharing with your Life Group, can allow for deeper understanding and revelation of new perspectives. **Things you will need:** Bible, Notebook, Pen.

This week we began to examine how should allow God to refine us. This week in our Deeper **SOAP** Study, we will continue to examine this concept with passages of scripture.

7. **Scripture.** Read [Matthew 6:19-21, Zacharias 13:9, Judges 7:4, and Daniel 12:10](#). What stood out to you the most about these verses? *Take time to read these passages and allow God to speak to you. Jot down anything that made you stop and pause or anything that you questioned. When you are done, look for a verse that particularly spoke to you and write it out fully in your journal.*

8. **Observe.** What is God saying to you in these verses? What overarching theme did you see? What did the specific verse that you were drawn to teach you? *What do you think God is saying to you, personally and specifically, in these Scriptures? (You can even have a short prayer at this point, asking the Holy Spirit to teach you and reveal Jesus to you. Remember that He promised to give us wisdom and reveal truth to us when we ask.)*

9. **Application.** How will you apply this and be bold in your faith? *Personalize what you have read by asking yourself how it applies to your life right now. Perhaps it is instruction, encouragement, a new promise, or corrections in an area of your life. Write down how this Scripture applies to you today.*

10. **Pray.** Pray about what you have read in [Matthew 6:19-21, Zacharias 13:9, Judges 7:4, and Daniel 12:10](#). Pray your special verse back to God, asking Him to help you understand and apply it. *This prayer can be as simple as asking God to help you use this Scripture, or even a prayer for a greater insight on what He may be revealing to you. Remember, prayer is a two-way conversation, so take time here! Be sure to listen to what God has to say! Now, write it out. Journaling your quiet time helps you to see what God is teaching you over time.*