



WEEK TWO: The Power to Change – Study Guide

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Many of us would say that God exists, but sometimes we have a hard time believing that God really cares about us, especially when we are facing tough circumstances or struggles in our lives. This week, we are going to learn about getting unstuck by earnestly believing that God exists and that we truly matter to Him.

Where Am I Today?

- 1) How much do you think God knows and cares about you personally? As you reflect on your answer, how does it affect the way you live your everyday life and the decisions that you make?

Into the Bible

- 2) In order to earnestly believe that God exists and that we matter to Him, a great place to start is by looking into God's character. Learning more about God's character can help us better understand how much He cares about the things in our life, including what we want to overcome. **Read Psalm 103:8-14 and Jeremiah 31:3.** How do these verses give us a window into God's character? Write down or mention some characteristics that you notice in these verses.

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- 3) God knows everything there is to know about us, and He's not surprised by any situation we find ourselves in, even when it's by our own doing. He knows and cares about each one of our situations. **Read Psalm 139:1-4 and Psalm 147:4-5.** What do these verses tell us about God?

- 4) Understanding the character of God and having awareness that He is all-knowing can help us gain traction to getting unstuck. He is always with us. God is not an absent Father who checks out the minute we mess up. When we grow tired, or maybe we have some hurt in our lives because of our sin, we can lean on the certainty that God knows our thoughts and is aware of what we are going through. **Read Isaiah 40:28-31 and Matthew 5:4.** What do these verses tell us about when we are hurting or tired?

How Does This Apply?

- 5) Maybe there are areas where you feel as if God simply doesn't care and you might begin to question, not necessarily His existence, but His presence in your life. We may even begin to question why He doesn't seem to be all that helpful in our becoming unstuck. In what ways might you question God's presence or motives when you haven't received the exact answer or relief you were looking for?

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- 6) On the other hand, there may have been a time when you were completely aware of God's presence and He gave you the strength to overcome whatever you were stuck in. How can this memory be helpful in dealing with whatever you are currently stuck in or trying to overcome?
- 7) As hard as it may seem at times, God does know all about your situation. Knowing how much God cares about you could be a game-changer in overcoming the circumstances in your life where you are trying to become unstuck. How does knowing that God will never leave you in times of difficulty impact the way you live?

Continue Learning on Your Own

- 8) Martin Luther once said, "When Scripture speaks, God speaks." It's easy to take Scripture for granted and forget that it's a powerful way to enjoy God and to hear Him speak to us directly. Also, reading the Bible is a great way to help us get unstuck from our patterns and distractions.

Read 2 Timothy 3:16 and 2 Peter 1:20-21. Where do these verses say the Scriptures originated from, and what is Scripture useful for?

Read Hebrews 4:12. What does this verse say the Bible is? How has the Bible been helpful in your life?