

**Personal/Group Training Guide**  
**Week of 8/26/18**

**“Let Us Be”**

- (1) The sermon was about “facing walls” in life. Share an example of a time when you faced a wall (difficulty, challenge, etc.). How were you able to move past that situation?
- (2) Read Psalm 46. Describe the characteristics of God addressed in this Psalm. Have you ever referred to it in the past? How might this Psalm be helpful to you or someone you know?
- (3) How challenging is it for you to be still, especially in the midst of a challenging time?
- (4) Can you describe a time when you, or someone you know, experienced God’s strength during a challenging time?
- (5) Why is it important to allow someone else to be present with us during a difficult time? Is allowing others to be present easy for you to do?
- (6) Read Galatians 6:2. What does it look like practically to bear one another’s burdens?
- (7) Have you ever had someone pray for you? How did this make you feel? Was it easy to allow them to do so?
- (8) Why are relationships with other Christians so critical?
- (9) “A joy shared is a double joy; shared sorrow is half sorrow.” What is the meaning behind this Swedish proverb? Do you find it to be true?
- (10) How can the group pray for you this week?