



PART 4: GRIEVING WITH HOPE

STUFF TO DISCUSS:

1. Use one word to describe your life in the month of May.
2. In a moment's notice, life can change. Schedules can shift and seasons end. How do you cope in these moments and seasons of quick change?
3. Read Psalm 46. Look for any verses that might help you deal with troubles, stress, etc.
Perhaps the following:
 - 46:1 "God is our refuge and strength, an ever-present help in trouble."
 - 46:10 "He says, 'Be still, and know that I am God;'"
4. Jeremy encouraged everyone to "be still and remember; to be still and know that He is God (and we are not)."
 - What are some practical ways you can be still this upcoming week?
 - And how do you best remember that God is always on the throne & in control?

NEXT STEPS & PRAYER REQUESTS

- Find all the resources for this series here: [I Declare War Series Resources](#)