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# TALK IT OVER

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## WITHSTANDING THE WINDS OF LIFE

Building A Better Life – Part 4

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Open your group in prayer and remember that this is only a guide. Feel free to discuss each of the provided questions in the message notes, or simply dive deeper into just one. Before you close with prayer, take a few minutes to look over the Three Essential Questions towards the end of the document.

### WHAT KIND OF WINDS ARE BLOWING IN YOUR LIFE?

#### **Talk It Over**

*“Storms can blow away unrighteous people, but the godly have a foundation that keeps them standing firm.”* Prov. 10:25

#### **Question 1**

What kind of uncontrollable winds have been blowing in your life? Are they winds of change, opposition, temptation, conflict, testing or trouble?

### HOW TO WITHSTAND THE WINDS OF LIFE

#### **1. STAY CONNECTED TO MY SPIRITUAL FAMILY**

##### **Talk It Over**

*“God has given his church gifted apostles, prophets, evangelists, pastors and teachers, to equip God's people for their work of service, so that we, in the body of Christ, may be built up together until we're all unified in our faith . . . and we become fully mature and grown up in thinking like Christ. Then we'll no longer be babies, tossed back and forth, and blown here and there by every shifting wind of teaching from deceptive people who lead you into error with lies they make sound like the truth.”* Eph. 4:11-14

##### **Question 2**

What are some ways you can stay connected to your spiritual family and what are the benefits of doing so? What gift(s) do you possess from God that you can use to help others in the church family?

## 2. PUT INTO PRACTICE EVERYTHING I LEARN

### Talk It Over

*"Now that you know these things, you will be blessed if you do them!"* John 13:17 (NIV)

### Question 3

Share some ways you've put into practice what you've learned at church or through your daily scripture reading. What prevents us from putting into practice the lessons we've learned?

## 3. TURN MY FOCUS TO HOW GREAT GOD IS

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*"Suddenly, without any warning, a violent wind hit the lake, so that giant storm waves swept over the boat and threatened to sink it. But Jesus kept on sleeping. So the frantic disciples woke him up shouting, 'Lord, you must save us! We're going to drown!' Jesus replied, 'Why are you so frightened? Your faith is so small!' Then he simply spoke to the winds and the waves, and everything became completely calm. The men were amazed and asked themselves, 'What kind of man is this? Even the winds and waves obey him!'"* Matt. 8:24-27

### Question 4

Why would his followers be afraid and forget to rely on his power during difficult times? How might we help each other turn our focus from fear to reliance on God?

## 4. REMIND MYSELF HOW MUCH JESUS CARES

### Talk It Over

*"Peter said, 'Lord, if it's really you, tell me to come to you on the water!' So Jesus said, 'Come on!' So Peter jumped out of the boat and started walking on the water toward Jesus! But when Peter looked at the wind, he became afraid and he began to sink. So he cried out, 'Lord, save me!' Immediately Jesus reached out his hand and caught Peter. 'Why did you doubt?' Jesus asked. When they climbed back into the boat, the wind stopped. Then those in the boat worshiped Jesus saying, 'Truly you are the Son of God!'"* Matt. 14:28-33

### Question 5

What steps of faith did Peter take and what were the results? How can we remember during life's storms that Jesus cares about us?

## 5. 3 REASONS TO NOT BE FEARFUL IN WIND

1. Jesus notices our struggles
2. Jesus cares about my fatigue and frustration
3. Jesus comes to me at my moment of desperation

## Question 6

Jesus does more than notice our struggles. He cares about our fatigue and our frustration and comes to us in our moments of desperation. Have you experienced Jesus reaching out to save you in a difficult situation when you thought you'd 'go under' and how did that change you?

### Three Essential Questions

The following questions are intended to be open-ended and encourage members to consider how they felt and what they, or the group, can do as a result of hearing the message!

1. **What did you hear?** *What point in this message was most impactful for you?*
2. **What do you think?** *How did this message challenge, change, or affirm your thinking?*
3. **What will you do?** *How will you or your group put into practice what you've learned today?*