



STUDY GUIDE

Refresh 08.23.2020

[setting it up]

What area of your life do you think is most in need of being “Refreshed” right now (relationship with Christ, relationship with others, mental, emotional, physical, spiritual health, etc.)?

[digging deeper]

Were you part of last weekend’s service whether onsite or online? If so, what is one part of the service that helped refresh you?

Read Proverbs 3:5-8.

Notice that in these verses, God gives us instruction in the odd numbered verses and then gives us the benefit or outcome in the even numbered verses. So, following that pattern:

Verse 5: If I _____

Verse 6: The outcome is _____

Verse 7: If I _____

Verse 8: The outcome is _____

Can you share an example of how you have seen this be true in your life?

Why can we completely trust in God?

Why can’t we trust in only our own understanding?

In this season, we have seen a lot of people spending massive amounts of time and energy on news and media outlets and doing research on masks, data accuracy, and political conspiracy theories...much more than they spending on reading Scripture, praying, and staying connected to fellow believers in Christ and resting in God’s sovereignty. Why are we so tempted to stop trusting in God and trust in our own opinions, emotions, thoughts or the opinions, emotions and thought of others?

A key understanding to trusting in God is His “Immutability.” What does that mean about God’s character and how does it reinforce our need to trust in God over ourselves or in others?

What are some other verses that come to your mind that help you trust in God over yourself? If you need a jumpstart, here's a reliable link with over 100 verses that can help you remember why we can trust our God https://www.openbible.info/topics/trusting_god

If you haven't texted "Trust" to the CVC response number yet - 440.276-5575 - do so and you will get a daily verse of trust and a prayer prompt to help encourage you this week.

[living it out]

What is one encouragement or action step that you are taking from this time?

To help "Refresh" your trust in God, you can memorize Proverbs 3:5-6 (and if you're up to it, 7-8 as well).

You can also turn Proverbs 3:5-6 into a prayer, even now as you close in prayer.

Also, this week's Real Talk is on anxiety, one of the outcomes of not trusting in God. Jump onto CVC's Facebook Live this Thursday, August 27 at 7pm to be part of that discussion.