

Group Meeting

Welcome!

Welcome to Session 26 of *Believe*. If there are any new members in your group take a moment to introduce yourselves to each other. Then spend a couple minutes sharing insights or questions about this session's personal study. *Now* start the video!

VIDEO TEACHING NOTES

As you watch the video segment for Session 26, use the following outline to record some of the main points. (The answer key is found at the end of the session.)

- Key Question: How does God provide the help I need to deal with _____?
- Key Verse: "Whoever is _____ has great understanding, but one who is quick-tempered displays folly." (Proverb 14:29) *but one*
- Key Idea: I am slow to anger and endure patiently under the unavoidable _____ of life. *avoid-*
- "Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces _____ . Let perseverance finish its work so that _____ may be mature and complete, lacking in anything." (James 1:2-4) *you*
- (Key Application) Trust God's timing, his ways, and his _____ .
- (Key Application) Don't let unimportant stuff _____ you so much.
- (Key Application) Offer the patience today that you would like to _____ tomorrow.

GETTING STARTED

Begin your discussion by reciting the Key Verse and Key Idea together as a group. On your first attempt, use your notes if you need help. On your second attempt, try to state them completely from memory.

KEY VERSE: "Whoever is patient has great understanding, but one who is quick-tempered displays folly." (Proverbs 14:29)



KEY IDEA: I am slow to anger and endure patiently under the unavoidable pressures of life.

GROUP DISCUSSION

As a group, discuss your thoughts and feelings about the following declarations. Which statements are easy to declare with certainty? Which are more challenging, and why?

- I do not get angry with God when I have to endure suffering.
- I am known to maintain honesty and integrity when under pressure.
- I always put matters into God's hands when I am under pressure.
- I keep my composure even when people or circumstances irritate me.

Based on your group's dynamics and spiritual maturity, choose the 2–3 questions that will lead to the best discussion about this week's Key Idea.

1. What current situations test your patience most? Why?
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2. What external forces negatively impact your ability to remain patient?
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3. How has your relationship with God impacted your ability to be slow to anger in stressful situations?
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4. Describe a challenging time in your life that helped you develop perseverance. How did you grow spiritually during that period?
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Read 1 Samuel 26:1–25 (see the section "Being Slow to Become Angry" in Believe) and choose 1–2 questions that will lead to the greatest discussion in your group.

1. How did the years David spent waiting to become king prepare him for the responsibility of the throne?
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2. In what ways have periods of waiting developed your character?
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3. In what ways have you experienced the foolishness of quick-temperdness?

CASE STUDY

Use the following case study as a model for a real-life situation where you might put this week's Key Idea into practice.

Kelly has been dreaming about creating her own family since she was a little girl. She was engaged soon after college but felt led by God to call it off. Since then, she has tried numerous ways to find a good husband, but nothing has materialized. Anxiety and fear breed within her as each year passes. She is beginning to believe she will always be alone.

Using the Key Applications from this session, what could you say or do to help Kelly? (If needed, refer to your video notes for a reminder of this session's Key Applications.)

CLOSING PRAYER

Close your time together with prayer. Share your prayer requests with one another. Ask God to help you put this week's Key Idea into practice.

VIDEO NOTES ANSWER KEY

stress / patient / pressures / perseverance / outcomes / bother / receive