

I Just Can't Week 1 **How to Keep Going When You Can't**

TALK IT OVER

Key Scriptures

Ecclesiastes 2:10-11, 17
Ecclesiastes 1:2-9
2 Corinthians 4:16-18
Colossians 3:1-2
John 6:27
Psalm 112:9

Key Ideas

3 Eternal Focuses to Keep Going
When You Can't

1. Pray
2. Serve
3. Give

Start talking. Find a conversation starter for your group.

- What's your favorite pizza?

Start thinking. Ask questions to get your group thinking.

- Have you found yourself frustrated, tired, or unfulfilled lately? What do you think the underlying reasons are?

Start sharing. Ask questions to get your group talking.

- What does your prayer life look like? Do you find it easy or hard to pray? Why?
- Do you serve on a team at church? Why or why not? Have you found joy in serving others? Share your experience.
- Are you a generous person? Would others say you are? What are some ways you can practice generosity this week?

Start praying. Be bold and pray with power.

- *Father God, help us to put our trust in you and walk out life in you. Help us to serve you through serving others and reflect your generosity in the world. In Jesus' Name, we pray, AMEN.*

Start doing. Commit to a step and live it out this week.

- What's one step you can take this week to live out the message in your life?