

***I Just Can't Week 4***  
**How to STAY CONNECTED When You Can't**

**TALK IT OVER**

**Key Scriptures**

Ezekiel 47:3-5  
James 1:2  
Genesis 50:20  
Acts 20:28  
Romans 12:4-5  
Proverbs 18:16  
Titus 1:5

**Key Ideas**

3 Rules to Stay Connected

1. Work the raft (local church)
2. Follow your guide
3. Help others around you

**Start thinking.** Ask questions to get your group thinking.

- Have you ever been white water rafting? Describe the experience for your group. If not, what's the most adventurous thing you've ever done?

**Start sharing.** Ask questions to get your group talking.

- How long have you been part of a local church? Has the church helped you navigate the rough waters of life?
- Are you resistant or more open to change? Why do you think that is?
- What God-given gifts do you have to "submit to the body"?
- How can you be a blessing to someone else this week?

**Start praying.** Be bold and pray with power.

- *Father God, help us to stay connected to our church, leaders and others around us. 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?

**Start talking.** Find a conversation starter for your group.

- Do you have a fear of things in the ocean? Why or why not?