



## Tough Times: Find Forward | June 10, 2020

### Discussion Guide

#### The Scoop

Experts say that if you start to get seasick, the best thing to do is look up and find the horizon. Similarly, our faith acts in the same way when we face hardships.

#### Key Verses

##### **2 Corinthians 4:15-18 NIV**

*All this is for your benefit, so that the grace that is reaching more and more people may cause thanksgiving to overflow to the glory of God. Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.*

#### Discussion

Have you ever heard the question, “If your house was burning down, what items would you want to run in and save?” This is a common ice breaker that gets us to consider the things of importance in our lives. The interesting thing is that when we ask this question, it usually ends up showing us what’s most important and what isn’t.

1. What are some things you would want to save from your “burning house?” Why?
2. What are some things that you could envision letting go of?

The bigger question and overarching application is what we would focus on or keep in our lives when it feels like our world is burning down around us. Tough times have their way of providing clarity and helping us reprioritize what’s important for moving from our current state to our future state and what isn’t. Experts say that when we are weathering a storm the worst thing that we can do is to look down because this will almost certainly cause sea sickness. It is only when we look to the horizon that we no longer feel the sickness of the storm. Likewise, if we focus on the storm in our lives, it can cause feelings of helplessness and paralyzation. Focusing on moving forward (the horizon) is the best way to move through life’s storms.

3. If you had to picture your ideal future 3-5 years or even looking out 10 years, what is most important to accomplish, sustain, and what relationships would remain?
4. Identifying the ideal future, is there anything or anybody preventing you from moving in a forward direction? Is there anything you could choose to leave behind as you weather life’s current storms?

There is incredible practicality in envisioning your future. Additionally, people with faith have hope for something bigger...an ability to see that “this too shall pass.” It’s a common Christian belief that there is far more to life than meets the eye, but it’s far easier to reflect on that when the storms are happening to other people. 2 Corinthians 4:15-18 is clear that this concept is not just a colloquial phrase we should offer up in comfort, but that we need to live this in our own lives: “For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all.” In this same spirit, we can look to each challenge as an opportunity for growth, both good and bad. This is intentional instruction not to ignore the bad, but to heed the challenge to look beyond it.

5. When you think of the hardships in your life, what, if any, benefits can you see or have you experienced?
6. What are you going through right now that you could shift your perspective to find a future oriented perspective? How can you find the horizon in the midst of your current storm?

#### What’s Next?

This week, look forward. No matter what you are going through or experiencing, consider what “finding forward” would look like. Consider all of the things that you can live without, as well as, the essential things that will carry you through. Consider journaling about or discussing with a friend the realities of the storm you’re in and what life will look like on the other side.

\*\*\*You can find a template of our 5-minute faith journal at [faithinfive.com](http://faithinfive.com) to further engage your goals and connect them with your faith.\*\*\*