



## Come Matter Here: Truth in The Mess | August 19, 2020

### Discussion Guide

#### The Scoop

It's probably fair to assume that we all long for something more in life. And yet when we don't have what we want, we end up unrightfully concluding that we're worthless.

#### Key Verses

**Psalm 42:5-6**

*Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again— my Savior and 6 my God! Now I am deeply discouraged, but I will remember you— even from distant Mount Hermon, the source of the Jordan, from the land of Mount Mizar.*

#### Discussion

Most worthwhile things take intentional management and effort. Gardening, for example, takes ongoing management to invest in the good stuff (veggies and fruit) and remove the bad stuff (weeds and critters). If we try too many things at once, we end up failing at all of them. We all have limitations: time, skills, energy, finances, etc. If we can admit to these limitations we can be better equipped to draw more accurate conclusions about them rather than believing the lies that we just aren't good enough.

1. When was a time that you were frustrated by multi-tasking several responsibilities at once? What were your limitations?
2. What are some examples of the good stuff in your life that deserves more time and the bad stuff that needs to be limited or ditched altogether?

In Hannah Brencher's Book, "Come Matter Here", Hannah discusses a time where she was bogged down with a bout of depression and was trapped by feelings of worthlessness and inadequacy. With the help of a friend, Hannah was able to realize that she was overwhelmed with too many things and that the crippling negativity she felt was the result of lies she was telling herself. It's okay to want more, work to be better, and accomplish great things, yet when we are faced with our limitations our next step is the crucial difference maker. Lies are like weeds and critters in our garden that can limit our ability to grow.

3. What is your natural conclusion when feeling inadequate or experiencing limitations? Do you let the weeds grow?
4. If you are honest with yourself, are you managing too many good things that you cannot tend to the maintenance of your "garden"? Are there any changes you need to make so you can focus on a few good things?

In Psalm 42:5-6, David speaks of how he experiences his own personal struggles and his tendencies to veer towards negative thoughts, "Why am I discouraged? Why is my heart so sad?" You can feel his struggle between wanting more and knowing better as he bounces from despair to, "I will put my hope in God! I will praise him again— my Savior and my God!" We can relate to the ongoing battle between our limitations and God's limitless nature. David gives us insight into managing our limitations by replacing the doubt, fear, frustration, and disappointment with hope and faith in God. Our value truly comes from Him rather than our success and failures.

5. What are some current disappointments and limitations you are experiencing? How are you handling them?
6. Write down 5 lies that you believe about yourself. Then replace these with 5 truths based on God's promises and view of you.

#### What's Next?

This week as you continue your faith journey, replace the lies that you have been telling yourself with the truths.. Rather than leaning on the lies to get you through difficult times, seek to lean on God. Like a garden, maintain what you plant and weed out the lies that limit you from growing.

\*\*\*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.\*\*\*