



LESSON 4 // ADDRESSING YOUR PROBLEMS—PART 2

Big Idea: The language you use when facing problems in your life is important. What you say *about* your problems matters—and what you say *to* your problems is also critical.

In your mind and with your self-talk, you often magnify and exaggerate your problems. Instead you should speak to your problems about your God who is strong and mighty, makes a way where there is no way, preserves and protects you, goes before and behind you, fights battles for you and scatters your enemies. Words of faith in Him make a difference in addressing your problems!

Mark 11:22-24 (NKJV) *So Jesus answered and said to them, “Have faith in God. ²³ For assuredly, I say to you, whoever says to this mountain, ‘Be removed and be cast into the sea,’ and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says. ²⁴ Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them.”*

Discussion questions:

1. This weekend we learned, what we say to our problems matter. **Read together Mark 11:22-24.** Jesus refers to speaking to the mountain. He didn’t say ignore or deny the mountain but to speak to it. It’s often times easier to talk to God and others about our problems, but can seem counterintuitive to talk to our problems. What’s the difference between talking to God (& others) versus talking to our problems?
2. **Refer again to Mark 11:24.** In summary, Jesus says “pray and believe and you will receive.” Why do you think it’s two-fold and not just pray and receive or believe and receive?
3. What we say to our problems matter. We shouldn’t just talk to God about our problems but talk to our problems about our God. Why do you think it’s important to talk to our problems?
4. **Read Daniel 3:13-27.** Notice the response from the three men in verses 17-18. Do you think their response to the problem lacked faith? Why or why not?
5. Reflecting on the nature of God, which one of His characteristics do you need to speak to a problem you’re currently facing?

Prayer Focus:

Ask group members to share a problem in their life that could use some talking to. Have them pick one verse we learned from the weekend to apply to it. **Read Matthew 21:21-22** and pray for God to give your group faith and help to overcome any unbelief.

Leader Tip:

Encourage them to be honest. No problem is too big or too small for God. Set the example by being open and willing to share about your life and challenges.