



TALK IT OVER GUIDE- Working out and Working in

Key Takeaways

- **God's Care and Provision:** God provides abundantly and sets us up for success. Trusting His guidance leads to fullness of life.
- **The Choice of Trust:** We are given the freedom to choose whether to trust God or not. Trusting God should be a willing decision, not one of compulsion.
- **The Consequences of Distrust:** Distrust leads to spiritual and emotional distress, as seen in the story of Adam and Eve.
- **God's Unfailing Love:** Even when we distrust Him, God continues to love us and is ever-present, urging us to return to Him.

Discussion Questions

- **Reflect on Provision:** How have you experienced God's provision and care in your life? Can you share a specific instance where this was evident?

- **Trust Challenges:** What are some areas in your life where you find it difficult to trust God fully? What holds you back from trusting Him completely?
- **Freedom to Choose:** How does the freedom to choose your path impact your relationship with God? Can you think of a time when you chose your way over God's guidance? What was the outcome?
- **Understanding Consequences:** How do you feel about the idea that we often create chaos in our lives by not trusting God? Have you experienced this personally?
- **Embracing God's Love:** How does knowing that God still loves and stays with us even when we fail to trust Him change your perspective on your past and current struggles?

Practical Applications

- **Daily Trust Exercise:** This week, identify one area of your life where you are struggling to trust God and make a deliberate effort to surrender it to Him through prayer and action.
- **Affirmations of Trust:** Write down affirmations or scripture verses related to trusting God. Place them where you can see them daily to remind you of the truth.
- **Accountability Partner:** Pair up with a group member or friend to discuss areas where you need to build trust. Check in with each other throughout the week to encourage and pray for one another.
- **Reflective Journaling:** Spend time journaling each evening about moments throughout your day where you trusted God, and areas where you felt inclined to trust yourself instead.

Closing

Encourage group members to reflect on personal stories of trust and mistrust, focusing on how they can each take steps toward greater trust in God. End with a group prayer, asking for God's strength, guidance, and the courage to trust Him fully each day.