**Truth vs. Lies 6 – About Circumstances Leader’s Notes**

**HOOK**

**1. What was your best/worst day this week? Why?**

**2. What change in circumstances would make you really happy? (Financial, health, work, or relationships)**

**BOOK/LOOK**

**3. Read Philippians 4:12. How do we often succumb to the lie that “Happiness depends on positive circumstances”? What was Paul’s secret to rejoicing through prison life (Phil. 4:4)? How does our focus impact our joy? (**If I fix my eyes on God, I look at his goodness and vastness, and my problems aren’t so debilitating. Fix your eyes on Jesus.)

**4.** **Is the goal of our life happiness? How is joy a different goal or possibility than happiness?** You choose to be joyful — often in spite of your circumstances. “Joy is the settled assurance that God’s in control of all the details of my life, the quiet confidence that ultimately everything’s going to be all right, and the determined choice to praise God in all things.” (Kay Warren)

**5. Make a Declaration together as a group: *I won’t let the success of my children or favorite sports team determine my level of joy. I won’t allow the amount of my financial savings to undermine my joy. I won’t allow my health to control my heart. I won’t allow my problems to diminish my hope. I’ll fix my eyes on Jesus and find my hope and joy in Him!***

**Lie #2 – My circumstances will never change.**

**6. Do you have a challenge you think will never change? What area do you most need hope in?**

**7. Read Romans 15:13. What promise does God give us in this verse if we will trust Him?** (joy, peace and hope through the power of the Holy Spirit)

**8. What Bible stories record people who suffered a long time before they got breakthrough?** (John 5:5-9 – invalid of 38 years healed; Mark 5:25-29 – woman with bleeding problem for 12 years; Luke 13:11-13 – woman bent over for 18 years was healed; others)

**9. Read 1 Cor. 1:20. Truth #2 – The length of time a problem has existed doesn’t determine the likelihood of a breakthrough. All of God’s promises are ‘yes’ for me in Christ. What’s the difference between positive thinking and biblical optimism?** (Whatever God has promised, He’ll do. Maybe we haven’t grabbed hold experientially of all God wants to give us, but legally, all of God’s promises are ours.)

**10. Read Heb. 11:7,29,30**. **How did God provide for the solution to the problem?** (Sometimes through His divine power; sometimes through the leadership of people).

**Lie #3: "There are no solutions for this situation."**

**Truth #3:** **God makes a way where there seems to be no way. God is working in every area of my life, and all things are possible with God. There is always a solution.**

**11. Make a Declaration as a group: *God has the solution for every challenge I face. I’ll seek Him for the solution, trust His timing and obey His directions.***

**Lie #4 – It’s impossible to have peace in certain situations.**

**12. When have you been most panicked?**

**Truth #4 – Peace isn’t the absence of difficulties; peace is trusting God to work for good in every difficult situation.**

**13. Read Acts 16:16-34. What grace did God give Paul and Silas in a stressful prison situation? (to praise and worship)**

**Read 2 Cor. 12:9 – what grace does God give us in weakness? (his strength to endure)**

**Read Phil 4:6-7 – what grace does God give us in the storms of life? (his transcendent peace which guards our hearts and minds)**

**TOOK**

**14. If we want the peace of God, how do we stay close to the God of peace?**

**15. Spend time seeking God for joy in Jesus, hope in Him, solutions to problems, and the peace of the Holy Spirit.**