

### Ice Breaker

(in groups of 2 or 3 for larger groups)

Share about a favorite way you like to find some physical comfort and relax.

### Talk About it!

## Part 1

Read Psalm 46:1 & 2 Corinthians 1:1-4

### Discuss:

- A. What are some examples of 'troubles' that people experience in this life?
- B. Share some of the troubles you have walked through and how God comforted you.

## Part 2

Read Matthew 11:28-29 & 2 Corinthians 1:4 (again)

### Discuss:

- A. Where have you been trying to find comfort apart from God?
- B. How do you personally access the comfort that God wants you to experience?

## Part 3

Read 2 Corinthians 1:5-7

### Discuss:

- A. What happens if we're in isolation?
- B. What is God's means for how comfort can come to us?

## Part 4

### Discuss:

- A. Are you willing to let God redeem your pain for someone else's healing, and how could that happen?
- B. Who in your life needs the comfort you've received from God?

### Part 5

Read 2 Corinthians 4:16-18 & 2 Corinthians 1:5-6 (again)

**Discuss:**

What is God up to when we're going through it?

### Prayer Time

- Pray that God would bring His comfort to those experiencing hardship in the group, believing for victory through adversity.
- Pray for boldness to comfort others as we are being comforted and to actively pursue the Lord's comfort in our lives!
- Pray for our eyes to be fixated on the eternal, not on the suffering of the now.