



## DISCUSSION GUIDE



JULY 5TH - 11TH

OVERWHELMED - DANIEL 1:3-19

*These questions are for you to use on your own, or with a small group, to engage with the ideas from Sunday's sermon. We encourage you to journal responses to them, or gather with others (from your MC, or not) and discuss these questions while praying for each other.*

**Golden Thread:** When I understand who I am in Christ and trust who He is, I can have hope when I'm overwhelmed.

**Memory Verse:** "I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world." - John 16:33

### PERSONAL REFLECTION QUESTIONS

1. What circumstances are you going through right now that have you feeling (or threaten to have you feeling) overwhelmed?
2. How can your new identity as God's child, along with God's great power, help you when you feel overwhelmed?
3. How can Jesus' words in John 16:33 give you hope for today?

### ANNOUNCEMENTS / INFORMATION

**RESONATE SUMMER STEPS:** This Summer, Resonate is offering many ways for you to take Next Steps. We're opening up two classes you can sign up for this summer that will help you grow as a disciple and connect with God. We'll also have a Membership Class, Daily Devotions, reflection questions for the sermons, and more ways to serve. Visit [www.resonatemovement.org/summersteps](http://www.resonatemovement.org/summersteps) to sign up and for more information.

**RACIAL JUSTICE RESOURCES.** With the heightened racial tension and our growing awareness of God's call for us to be ambassadors and peacemakers, we are compiling a list of resources to help you learn more. You can find resources at [www.resonatemovement.org/racialjustice](http://www.resonatemovement.org/racialjustice)

**DAILY DEVOTIONALS:** Throughout the summer we will send out Daily Devotionals related to the sermon's theme. Many of you are already receiving them. They're available on our website, or you can sign up to get them via email at [www.resonatemovement.org/biblereading](http://www.resonatemovement.org/biblereading) - just sign up for the daily Bible Reading plan and you'll get the devotional emails Monday-Friday.