

God Is \_\_\_\_\_  
Where to Turn When You're Frustrated

## TALK IT OVER

### Key Scriptures

*Hear my prayer, LORD; let my cry for help come to you. Do not hide your face from me when I am in distress. Turn your ear to me; when I call, answer me quickly. For my days vanish like smoke; my bones burn like glowing embers. My heart is blighted and withered like grass; I forget to eat my food.*  
Psalm 102:1-4 NIV

*"I the LORD do not change. ..."*  
Malachi 3:6 NIV

*Jesus Christ is the same yesterday and today and forever.* Hebrews 13:8 NIV

*"God is not a man, so he does not lie. He is not human, so he does not change his mind. ..."* Numbers 23:19 NLT

*So the LORD changed his mind about the terrible disaster he had threatened to bring on his people.* Exodus 32:14 NLT

*... You do not have because you do not ask God.* James 4:2 NIV

*This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us.*  
1 John 5:14 NIV

*"The grass withers and the flowers fall, but the word of our God endures forever."*  
Isaiah 40:8 NIV

*"Heaven and earth will pass away, but my words will never pass away."*  
Matthew 24:35 NIV

*"... I am God, and there is no other; I am God, and there is none like me."*  
Isaiah 46:9 NIV

*For no matter how many promises God has made, they are "Yes" in Christ. ...*  
2 Corinthians 1:20 NIV

### Other Key Scriptures

Psalm 102:25-27 NIV  
Romans 8:35, 37-39 NIV

Start talking. Find a conversation starter for your group.

- How do you typically cope with feelings of frustration?

Start thinking. Ask a question to get your group thinking.

- Which part of this message was most impactful for you and why?
- On a scale of 1-10, how well do you handle change? What are some things that help you adjust to unexpected changes?
- Read **2 Corinthians 1:20**. Talk about some of the promises God has made to you. Where have you seen God keep His promises in your life before?

Start sharing. Choose a question to create openness.

- Share about a time when you felt frustrated or out of control. How did you handle that time, and what role did prayer have in overcoming that moment?
- Is there a Scripture or Bible verse that helps you remember the unchanging power of God? Share that with your LifeGroup, then talk about times when you've remembered that verse in the middle of life's changes.

Start praying. Be bold and pray with power.

*Father, You are perfect and unchanging. Please draw us closer to You as we come together in prayer. Reveal Your will to us, and then empower us to go do it. We trust and believe that You will never change. In Jesus' name, amen.*

Start doing. Commit to a step and live it out this week.

- [Prayer reminds us that while we're not in control, we can stay close to the One who is. Find other reasons why we pray: www.go2.lc/WhyWePray](http://www.go2.lc/WhyWePray)
- Start the *God Is \_\_\_\_\_* Bible Plan using Plans With Friends: [www.go2.lc/GodIs](http://www.go2.lc/GodIs)
- Consider how you could love others by serving on the weekend or with a Local Mission Partner.