

Small Group Devotional Guide: “When Life Falls Apart”

Welcome & Opening Prayer

- Quick check-in: one sentence—How is your week?
- Read Romans 5:3–5 aloud.

Main idea: suffering is real but not pointless; God forms endurance → character → hope and has proven His love in Christ.

A. Name It

- Read Romans 5:3 and John 16:33.
- Question: What has this assumption that suffering is “when,” not “if,” freed you to admit about your life right now?
- Personal prompt: write one specific thing that feels like your life is falling apart (be concrete).
- Each person shares that specific thing; listeners acknowledge—don’t fix.

B. Surrender It

- Read 1 Peter 5:7 and Hebrews 12:11.
- Question: How have you tried to cope/control this pain? What patterns (numbing, control, withdrawal) do you need to surrender?
- Application: each person names one habitual response to surrender and one practical daily step to do this week (e.g., morning prayer, text an accountability friend).

C. Anchor It

- Read Romans 5:5 and Hebrews 6:19.
- Question: Where have you been placing your hope? How would re-anchoring in God change your responses this week?
- Write a one-line anchor statement on an index card or small stone: “My hope is not in ____ but in God because ____.” Share if comfortable.

Guided response & prayer

- 1) Name it: silently tell God the thing you wrote.
- 2) Surrender it: say aloud or silently, “God, I give this to You again.”
- 3) Anchor it: declare your anchor statement and hold your card/stone.

Close with a short prayer asking God to build endurance, shape character, and anchor hope (one-sentence sample: “Lord, we give you what hurts; build endurance, shape our character, and anchor our hope in You. Amen.”)