



StormProof Your Life - Week 1 DISCUSSION GUIDE

OVERVIEW

In the first message of the series, *Storms*, we will learn how to prepare for the storms in our lives.

DISCUSSION

- Share some memorable stories from a hurricane season or different storms in the past.

Jesus shared a powerful word picture about storms as He came to the summation of His famous Sermon on the Mount in **Matthew 7:24-27**:

“Therefore whoever hears these sayings of Mine, and does them, I will liken him to a wise man who built his house on the rock: and the rain descended, the floods came, and the winds blew and beat on that house; and it did not fall, for it was founded on the rock. But everyone who hears these sayings of Mine, and does not do them, will be like a foolish man who built his house on the sand: and the rain descended, the floods came, and the winds blew and beat on that house; and it fell. And great was its fall.”

Our foundation and building materials matter when the storms come. We can’t avoid the storms, but we need to stand strong in every storm. The way to properly prepare for storms is building a life of obedience to God’s Word.

- How are you preparing for the storms in your life?
- What does life look like when you don’t prepare for storms?

Four Guiding Principles for Navigating Storms:

1. Storms are inevitable.

In this world we will have trouble. Adversity will come. It’s guaranteed – but you can grow stronger through them. **John 16:33**: ***“These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world.”***

Three Kinds of Storms:

A. Storms we cause ourselves.

We make poor choices with our words, actions, finances, and carnal desires, and find ourselves in very difficult places.

B. Storms caused by other people.

Other people’s decisions affect us at times. The enemy takes advantage of human beings and uses weak-willed people to cause storms in our lives. Remember, we live in a fallen world – around imperfect people.

C. Storms caused by God.

God gets our attention and develops our character in storms. Sometimes God allows storms in our lives to grow our trust in Him.

- Share a personal example of a storm caused by yourself or others.
- Give an example of a storm caused by God that resulted in a closer relationship with Him.

2. Storms can lead to fear, panic, and doubt, which can immobilize us.

When the clouds roll in – so often does fear, panic, and doubt. We see fear and panic in the Children of Israel at the Red Sea. **Exodus 14:10, 12: *And when Pharaoh drew near, the children of Israel lifted their eyes, and behold, the Egyptians marched after them. So they were very afraid, and the children of Israel cried out to the Lord...“For it would have been better for us to serve the Egyptians than that we should die in the wilderness.”*** The Children of Israel were in a storm, but they also let the storm get in them. We’ve got to learn to keep the storms outside of us, and not let them get inside of us. God helps us to do that as we build a life of obedience to His Word.

- In what ways can fear, panic, and doubt hinder our ability to navigate life's storms effectively? How can we cultivate resilience and faith to overcome these emotions?

3. Our lives are tested, grown, and redirected by God during storms.

God allows the storms because He grows you in the storms if you respond correctly. **James 1:2-4: *My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. But let patience have its perfect work, that you may be perfect and complete, lacking nothing.*** We can’t choose our storms—but we can choose our attitude in them. We can live as victors rather than victims. God is writing a powerful story through the pages of your life—even when you can’t see it.

- Discuss the significance of choosing an attitude of victory during difficult times. How can maintaining a positive perspective impact our ability to navigate storms and emerge stronger on the other side?

4. In every storm, God provides peace, calm, and shelter.

King David wrote in **Psalm 107:29-30: *He calmed the storm to a whisper and stilled the waves. What a blessing was that stillness as he brought them safely into harbor!*** God promises to be with us in every storm. God never promises to take us out of every storm—but promises He can take every storm out of us. He promises you peace in your storm. **Colossians 3:15** says: ***And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful.*** The indwelling peace and presence of Jesus will guard and protect you. In Christ, you can find peace, calm, and shelter even amidst chaotic storms.

LIFE CHALLENGE

Sometimes, God also uses storms to redirect our lives. God wants to direct us through His Word and His Spirit. When God guides you, act on it! Be obedient to His Word, and watch how you come out the storm victorious.

PRAY TOGETHER