**Small Group Guide**

*Icebreaker Question*

Read 2nd Chronicles 20:1-30

Did anything stick out to you in the text or the weekend message?

When were you last overwhelmed and what did you do to cope?

On Sunday we learned Five Steps for dealing with the feeling of being overwhelmed from the example of king Jehoshaphat:

* Turn to God first (not just as a last resort!)
* Focus on God, not the problem (The King doesn’t mention the problem until well into the prayer)
* Remembers what God has done in the past (Circumstances change, but God remains the same. He has been faithful and He will be faithful!)
* Appeals to God’s character (God as the righteous judge)
* He thanks God in Advance (“Thanking God after He has come through is praise, thanking God in advance is faith.”)
* He finds Blessing in the Bad (After the Lord has fought the battle, they find treasure left over)

Which of these steps is most helpful to you?

Which of these steps is most difficult?

\*For additional study see Ephesians 6:10-18