



Enough is our Concordia University Texas theme for the 2023-2024 academic year.

CONNECT

with self and others:

- 1.** Tell a story about a time when there was a big change in your life. What was that like?

- 2.** Who is your biggest person of peace? Why are they peaceful for you to be around?

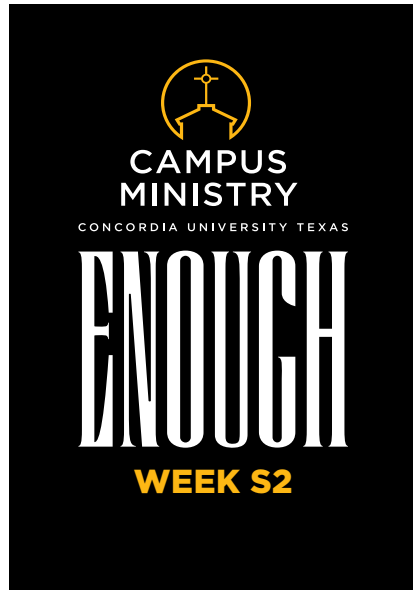
NOTES: _____

Something that I have learned in the past few years since coming to college is how to slow down and remember that God is in control. I am someone who doesn't like change, so when I moved here, I was in for a rude awakening. EVERYTHING changed. Where I was in my life, where I lived, and even the people I was around each day were totally new and different. This scared me, and so I started to panic and become anxious because everything around me was unfamiliar. I felt a loss of control.

I worked at Camp Lone Star this past summer, and there came a point during the summer when something in my life changed, and I was feeling the same loss of control as when I first came to college. One of my good friends told me to sit down and journal about specific moments when God has been faithful in my life in the past. Even though it was a small task, I was able to fill up pages and pages of times in my life when I could recall God's faithfulness in my life. Being able to take a step back and tangibly see that God has kept His promises in my life gave me an overwhelming sense of peace. It taught me that God's goodness doesn't change just because my circumstances changed.



READ
1 Thessalonians 5:16-19



“Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you. Do not quench the Spirit.” I was able to rejoice because even though I felt out of control, I knew that my creator was IN control. Even though I don’t know all the changes I will face, I can have joy in the fact that God stays steadfast through it all. There will always be times in your life when you feel anxious, scared, or a loss of control. Whenever you feel those things, take a minute to stop, take a deep breath, and remember that God is in control. He loved you enough to die on the cross for you; don’t you think he has your life in the palm of His hand? He promises that He will never leave you, no matter your circumstances. Rejoice and have peace in knowing that our God is bigger than the battles we face.

NOTES: _____

QUESTIONS:

- 1. Talk about a time when you felt that same loss of control.
- 2. Now, talk about a time when you have seen God’s faithfulness in your life.

SHARE

Apply to your life:

- 1. Which is hardest for you: always rejoicing, praying continually, or giving thanks in all circumstances? Why?
- 2. How can we do all these things through every circumstance?
- 3. What can we do in moments where we feel helpless to remember that God is in control?



Closing activity: Take 5 minutes to write down on a note card where you have seen the goodness of God in your life in the past. Hang it up somewhere you can see it throughout the week and recall His faithfulness. When those feelings of anxiousness or fear creep in, look at the notecard and see that God is faithful and in control.

PRAYER:

Dear Lord, I pray that when we are feeling anxious or out of control this week, You help us remember that You are in control. Give us overwhelming peace in knowing that no matter what happens, You are still good. Help us remember that we can call on You through prayer no matter what and that You turn broken situations into beautiful ones. Amen.

NOTES: _____



QUESTIONS:

Page 1

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- 2. Who is your biggest person of peace? Why are they peaceful for you to be around?

Page 2

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- 2. Now, talk about a time when you have seen God’s faithfulness in your life.
- 3. Which is hardest for you: always rejoicing, praying continually, or giving thanks in all circumstances? Why?
- 4. How can we do all these things through every circumstance?
- 5. What can we do in moments where we feel helpless to remember that God is in control?