

**WEEK THREE  
VIDEO DISCUSSION  
INSTEAD**

**INSTRUCTIONS:** Watch week three's video then answer and discuss the following questions. This can be done as an individual or as a small group.

**DISCUSS:**

- Have you had a Holy Spirit moment when God speaks to you in a new way through something you have read many times over? Why does God do that?
- What does the word instead imply?
- Why is the preferred option harder to choose than the popular? Brainstorm some examples in life and faith.
- How is the ego driven life popular?
- *"Instead is the dividing line between being controlled by our circumstances and surrendering to God."*
- Why is choosing surrendering to God so difficult for us?
- Why do we allow our lives to be ruled by chaos instead of seeking God's peace?
- What is the preferred alternative that can still the chaos and calm your heart?

**Read Psalm 107: 23-32**

How did God bring deliverance when the sailors cried out to God during their trouble? How does this compare to the story of Jesus calming the sea? How does it compare to the storms of our lives?

**DELIVERANCE FROM THE SEA**

(Inspired by Psalm 107, 131 & Mark 4)

Courage melting in anguish.  
Reeled and staggered like drunkards,  
Wisdom Confounded.  
Instead, cry out the Lord.  
He stills the storm, waves are hushed.  
A calm heart and quiet soul,  
He guides me home.  
His works are too great and to wonderous.  
And I will exalt Him, to all people.

**MAKE IT PERSONAL:**

*"Life is defined by danger, trials, confusion and uncertainty. It leaves us angry, overloaded and ready to cry."*

What danger, trials, confusion, and uncertainty that are leaving you angry, overloaded, and ready to cry?

Jesus has proven himself. He can calm the sea and he can calm your heart. Instead of being ruled by the storms of life, ask God to calm your heart and quiet your soul. Place your hope and trust in him, now and always.

**RETURN:** Go back to the main lesson. Wrap up with the CLOSING TIME prayer or choose an additional option in PATHS FOR THE JOURNEY.