

Signs of Life

1. Resistance Training

BLESS Training, November 8. God loves to use ordinary people to fulfill his extraordinary mission! BLESS Training uses interactive teaching and practical (and fun) exercises that help us to become missionaries in our everyday places. Highly recommended to attend as a group!

Registration and info at table.org/bless

Table Talk (1/3 of meeting)

- If you were a kid going trick-or-treating this year, what would your costume be?
- Briefly share a high and/or low from your week.
- What did God speak to you at the Awakening Conference or throughout the week?
- Spend time worshiping through song. Recommended: [Lord, I Need You](#).

Discussion Guidelines

1. Everyone shares in sentences, not paragraphs.
2. Focus only on what this passage is saying. (This keeps everyone on the same page)
3. Share from your perspective – we won't argue or give advice.
4. Give everyone time to respond. Silence is OK.
5. The facilitator will facilitate discussion, not teach.

Discover what God is saying to you. (1/3 of meeting)

Big Idea: Life's challenges are the training grounds for faith.

Read [James 1:1-18](#)

- Do you find James' message encouraging or challenging? Why?
- James lists various challenges: trials, temptation, hard decisions, etc. How can these moments be helpful for building our spiritual muscles?
- How would you describe what a faith-filled response looks like in a trial?
- Think of your initial response to a recent hardship- what did you learn about yourself?
- Share a time when God helped you navigate through a challenge.
- How is God's wisdom different from the way you naturally think?

Go do it. (1/3 of meeting)

- When we ask God for wisdom and trust that He will answer, we can be confident in our decisions.
 - In what way can you take a step to rely on God this week?
 - What internal barriers prevent you from fully trusting God?
- Pray now, ask God to dissolve those barriers and give us the courage to move forward.