

VIRTUAL CONNECT GROUP GUIDE

April 26, 2020



CONNECT

Do you consider yourself an extrovert or an introvert? What about others in your household? How do you cope with extrovert or introvert tendencies during this time of self-isolation?

GROW

- In her message, Angie talked about the way isolation can leave us feeling **overwhelmed**. "We long for relationships, or people, or purpose." Do you find yourself longing for those or other things right now? How do you cope with feeling overwhelmed?
- Although there are some things we can **control** in the midst of this pandemic (i.e. social distancing, wearing masks), some things seem out of our control. There are some things we **long for** (i.e. going out and about, spending time with loved ones as we please), but the road forward is lengthy and uncertain. How can we handle problems that can't be controlled or longings that can't be satisfied?
- **Read: Luke 24:13-49**
- The disciples walking on the road talked about their **hopes that seemed lost**. They were sad, confused, and frustrated. What did you notice in the story before they recognized Jesus? And after? When in your life have you needed a reminder that **Jesus was walking with you** the whole time, even though you didn't realize it?

PRAY

God, the road ahead seems long right now. We are afraid and uncertain. Help us to find peace when we are overwhelmed, and remind us that you have always been with us and will continue to walk along side us, no matter what we face. Amen.