

Lifegroup Notes

Sunday 23rd April 2017
Week 1
**"Life – Feel Overwhelmed?
There's an app for that"**

Welcome

Who has apps on their phone or tablet?

What's your favourite app right now?

If you could invent an app that did anything, what would it be and why?

Word

The theme this week is '*Feel overwhelmed? There's an app for that!*'

- How would you describe for yourself what being overwhelmed feels and looks like?
- What kinds of things overwhelm you?

1. When we feel overwhelmed we can lose our perspective and our peace.

Look at the 2 stories mentioned Sunday - **1 Kings 19 v.1-4 & Mark 4 v.35-41**

- What actually happened in these stories?
- In what ways can you identify with how they must have felt overwhelmed?
- What happens to us when we lose our perspective and our peace?
- How did God/Jesus interact with the people when they felt overwhelmed?

2. The app we need when we feel overwhelmed is FOCUS

- In what ways is it both difficult and helpful to narrow your focus when you feel overwhelmed?

Read the story of Martha & Mary - **Luke 10 v.38-42**

- What do you love about this story?
- In what ways can it be misunderstood?
- How can we apply this principle of narrowing your focus to the ONE thing that matters most in any particular moment?
- Who feels overwhelmed in life right now?

Let's pray for those people who are overwhelmed right now that God will still the storm, calm the waves and bring back a sense of perspective and peace.