









### SESSION OVERVIEW

**Theme**: When life feels confusing, lonely, or overwhelming, we find hope in the abiding presence, wisdom, and strength of God—who is enough.

Main Point: God wants to be to you what you have been to others—faithful, present, guiding, and loving. Even in your weakness, even so... God is enough.

# **OPENING PRAYER** (2 min)

#### Example:

"Heavenly Father, thank You for being with us through every season. Just as we have tried to be present and loving to those we care for, remind us that You are all that and more to us. Help us to feel Your nearness, trust Your wisdom, and receive the strength only You can give. In Jesus' name, Amen."

# HIGHLIGHTS (15 min)

Invite reflection

- Share a moment when you felt emotionally or spiritually disoriented—what helped you get back on track?
- What images or memories come to mind when you think of someone holding your hand?
- Where do you sense God gently holding your life right now—or where do you need Him to?

Encourage personal stories and build connection, especially with any moms or caretakers present.

# TIME TO CONSIDER (25 min)

### Read Aloud: Psalm 73:23-26

- Encourage two readers—one reads .23–24, another 25–26

### **Discussion Questions**

#### 1. Even so... God is with you

- "I am continually with You... You hold my right hand." (v.23)
- What difference does it make to know that God holds you, not the other way around?
- How can we reposition our hearts when we feel far from God, even though He's near?

Read: John 8:31–32 — Abiding in God's Word leads to freedom and stability.

#### 2. Even so... God will guide you

- "You guide me with Your counsel..." (v.24)
- Share a moment where God led you through confusion or fear.
- What does it look like to trust God's guidance when you don't understand the path?

Read: Proverbs 3:5–8 — Trust in the Lord with all your heart.

#### 3. Even so... God is your portion

- "Whom have I in heaven but You?... God is the strength of my heart and my portion forever." (vv.25–26)
- What does it mean to say "God is enough"?
- How do we reset our desires to seek Him above all else?

Read: Colossians 3:1-2 — Set your minds on things above.



# MISSIONAL LIVING (25 min)

### Encourage this challenge and discussion:

• Think of someone in your life carrying emotional or spiritual weight—how can you remind them that **even so… God** is **enough?** 

- What "snowflake thoughts" (small fears, doubts, lies) have been building into snowballs lately?
- How can this group help one another reset, re-center, and abide in God this week?

### Challenge:

This week, intentionally speak encouragement over someone you know is struggling—remind them that God is present and enough. Text them Psalm 73:26 or share a moment of prayer with them.

# REACH OUR WORLD (10 min):

### Pray for:

- Women and moms in your community who feel unseen or worn out.
- People struggling to see God in the middle of hardship.
- Awaken Las Vegas to be a place where people find God's presence, wisdom, and strength.

# Closing Prayer (10 min)

Lead in this prayer of confidence and intimacy::

• "Father, thank You that even in our confusion, even in our exhaustion, even in our disappointment... You are still there. You hold our hand, You guide our hearts, and You are more than enough. Help us walk this week with renewed trust and desire for You. In Jesus' name, Amen."

Blessing: "Even so... God is with you. Even so... He will guide you. Even so... He is enough."

### **Final Takeaways**

- Daily Posture Place your hand in God's hand—He's holding you, not the other way around.
- Emotional Honesty Your weakness and questions don't disqualify you from God's nearness
- Spiritual Reset Let God re-center your desires and affections toward Him.

### Challenge for the Week

- Take 5 minutes each morning to "lift your head" in prayer and worship.
- Reflect on how Jesus' Ascension impacts your daily work, relationships, and mission.
- Look for one opportunity to "lift" someone's perspective this week.

#### Memory Verse:

"My flesh and my heart may fail, but God is the strength of my heart and my portion forever." Psalm 73:26