

STONEBRIDGE CHRISTIAN CHURCH



Icebreaker:

What's something small that brought you unexpected comfort during a hard time—like a favorite song, a walk, a conversation, or even a meme?

Discussion Questions (20 minutes)

Read Psalm 23

1. **What's your first reaction to this title: When the Lord Gives You More than You Can Handle?** *Have you ever felt like you were given more than you could carry? What did that season teach you?*
2. **Psalm 23:4 says, "Even though I walk through the valley..."** *How does that image of walking through—not sitting in—the valley speak to your faith journey right now?*
3. **In his message, Roy Lawson said, "You don't want the pain to go away completely—because you don't want to forget."** *What's something or someone you still carry with you, even in the pain?*
4. **Roy also talked about how grief looks different for different people—even in the same family.** *Have you experienced this in your own life? How do you honor those differences without pulling away from each other?*
5. **"The best medicine for a grieving heart is losing yourself in helping another."** *Have you ever found healing by helping someone else? How could your past pain serve someone today?*

Read 2 Corinthians 1:3–7

6. *What kind of comfort has God given you? Who might need that same comfort from you this week?*

7. In talking about losing his son, the speaker said, “I wouldn’t want to be the person I was before I lost him.” *How has a difficult season changed your values, your faith, or your relationships?*

Next Step Challenge

- Download/open the **YouVersion Bible App** this week if you don’t have it yet!



Invite group members to share names (or initials) of those they know who are grieving. Pray that:

- God would walk with them through the valley.
- They would feel the comfort of Christ through the people around them.
- We would be open to loving and comforting others through our own experiences.

August 10, 2025