



RHYTHM - Dancing When You Don't Feel Like Dancing

Dr. Derwin L. Gray and Vicki Gray - 05/10/20

Conversation Guide:

Create a meaningful conversation. Feel free to adjust the questions as needed.

- ◆ Everyone goes through difficult seasons in life. Often, when enduring trials, we understandably don't feel like dancing. Read **James 1:2-4**. Do you find it odd that the writer tells us to consider it a joy when enduring trials? In verse 4, what happens when we endure trials? How does remembering that our trials produce maturity bring comfort and joy?
- ◆ Read **Romans 12:1-2**. When we say yes to Jesus, we are transformed, and our lives become aligned with His will. How have you seen the transformation in your life since becoming a believer?
- ◆ Read **Romans 5:1-5**. Focus on and absorb the message of verse 5. Do you genuinely believe that the hope produced from affliction will not disappoint? Why does it not disappoint? In what ways have you felt God's love when going through hard times?
- ◆ Read **2 Corinthians 11:24-30**. Paul says he will boast about his weaknesses. When was the last time you boasted about your weakness? Why is this a necessary part of being a believer? Read **2 Corinthians 12:8-9**. What do we receive in place of our weakness? Can you share an example when God's strength and power were displayed through your weakness?
- ◆ Read **Romans 8:28**. What is "the good" that God is working out for us? Read **Romans 8:29**, to gain clarity. Our good God wants us to be "conformed to the image of His Son." What does this mean? How do trials help us to look more like Jesus?
- ◆ If you are going through a particularly difficult season right now, your TC group is here to walk with you. Your group leader has resources and can connect you with our Care team. Remember, this is a safe place for you to share.

Soul-tattoo: Recite this affirmation daily.

*Holy Spirit,
There are times when I do not feel like dancing;
There are times when life is hard.
When I am too weak to dance, pour Your love into my heart.
Lord Jesus,
There are times when I do not feel like dancing;
There are times when life can be confusing.
When I am too weak to dance, help me remember that Your grace is sufficient.
Father,
There are times when I do not feel like dancing.
There are times when life can be disappointing.
When I am too weak to dance, grab my hand and remind me of Your goodness.
Oh God,
Give me power to dance with You, even when I don't want to, but need to.
In Jesus' Name, Amen*

Action Step: Watch our Brain Health Conversations on YouTube Tuesdays at 7pm.