



Session 1:

Unpacking Shock

To view the video for this session, go to <http://www.ariseministries.net/lightenup>

This week you heard from Pam Kanaly in Session 1 about unpacking the elements of shock. None of us likes that feeling of, "This simply can't be happening to me!" Yet, King David shows us the first step into turning our devastation into something of redeeming value. It begins by taking responsibility with these four words: YET AS FOR ME. God partners with us in the recovery process when we invite Him into the emotion.

* 1. Life is filled with the unpredictable - "irreparables" - that we cannot change or fix. Describe a time when you were facing something that could not be reversed.

2. What was the worst part about your "shock moment/devastation"?

It made me feel like a failure as a person, mother, or other.

It made me feel rejected.

It made me feel angry at God.

It made me feel like I was now all on my own.

It made me feel an indescribable loss.

3. Write out Psalm 27:13-14, a passage that kept King David from despairing. Underline the five most important words.

4. When was the last time you encountered a "Yet as for me" moment? How did it change the direction of your thoughts?

5. In Psalm 18:6 how did David move forward? What words are used to reveal God's humanlike qualities?

6. List three actions that describe what "calling upon the Lord" looks like for you?

7. In Jeremiah 29:11 God promises to give you a future and a hope. If God knows your future, then He also knew about this "shock moment." How does that give you comfort?

8. It's easy to say, "Why me, Lord!" How would it change your perspective if you said, "Why NOT me, Lord?"

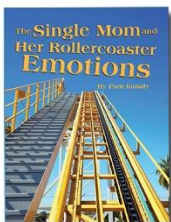
*9. Do you agree or disagree? Explain. *We create our future by the choices we make today.*

10. In your efforts to Lighten Up, what is God asking you to unpack?

My precious Heavenly Father, you knew the day I was born that I would be facing “this.” Grant me your peace and refresh me with your presence. Give me the courage to believe that you will bring beauty out of the ashes of my distress. Strengthen me to accept by faith what I cannot see and the wisdom to carry on though I do not understand. In Jesus’ name. Amen.

Notes for Thrive Group Discussion:

1. Briefly express your thoughts on the video, Session 1: Unpacking Shock
2. Talk about spiritual concepts you learned.
3. Discuss the questions marked with *. If time allows, share answers to other questions from the study.
4. Identify a choice you need to make this week, one that will honor God.
5. Consider practical ways to live out what it means to call upon the Lord.



For a deeper study, take advantage of Pam Kanaly’s book – *The Single Mom and Her Rollercoaster Emotions*. Enjoy the material in three formats: the book, the MP3 version or the CD set. (www.ariseministries.net/store)

To connect with a **Thrive Group**, inquire at www.ariseministries.net/thrive.

To share your thoughts regarding this study, contact us at connect@ariseministries.net.

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