



## Week 1: The Greek Word THLIPSIS

If you haven't already, watch or listen to this sermon on Shepherd Church's [website](#), [YouTube channel](#), [Apple Podcasts](#), [Spotify](#), [Apple TV app](#), [Amazon Fire TV app](#), or [Roku app](#).

1. In the sermon, how was the word *thlipsis* explained? What stood out to you about its meaning and/or imagery?
2. When life feels stressful or overwhelming, what unhealthy habits, distractions, and/or thought patterns are you most tempted to turn to instead of Jesus, and what do those responses say about where you seek peace?
3. Read [Matthew 13:20–21](#). What practices and life rhythms help God's Word take deep root in your life so your faith stays strong during the pressures of life?
4. In [Acts 14:19-22](#), what can we learn from Paul's response to suffering? How has God used challenging seasons to strengthen your faith?
5. Read [John 16:33](#) and identify a word or phrase that stands out to you. Take a minute or two to quietly reflect on it and ask the Spirit to show you where you need His peace. Then, with your Life Group, share where you need God's peace.

Sometime this week, read the end of the Book ([Revelation 21-22](#)) so you will remember it during your next challenging season.

