



This Is My Story

Featuring
Christian Jackson & Mel Hiatt

Session 1: Alone

Session 2: Worthy

 ***Session 3: Trust***

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Group Discussion Guide

This study will examine the word “trust.” Trust. What a powerful word. We trust a lot of things. We trust our cars to start every morning and our house to keep us safe from the elements. We trust employers to pay us for our work, and we trust people we love. But what does it look like when we bring trust into our relationship with Jesus? Let’s walk through Matthew 14 and discover how a little trust can take your story out of the boat and onto the water with Jesus.

Trust plays an important role in all of our relationships.

1. Who in your life would you say you trust the most and why?

We all have a moment in our story when we felt like we couldn’t trust anyone. Learning to trust again, or for the first time, is a vital part of relationships. Trust also plays a huge part in your relationship with Jesus.

2. What kind of obstacles do you think single moms might face when learning to trust?

Christian spoke about her amazing family and the consistency they had built showed her what trust looked like inside the home.

3. What could you do in your home to help your children learn to trust others and the Lord?
4. If you have a child that has struggled with trust, what did you do to help them through that moment?

Christian said, “It seemed as if as soon as I decided to trust God and made the decision to not go back to the unhealthy ‘perfect’ life I previously feared losing, God began to show me the unlimited amount of love and favor he is capable of. He brought people into my life that gave me the love and support I was so afraid I would no longer have.”

5. Share with the group a time when God showed you his unlimited love and favor through others or through the Bible.
6. How does struggling with trust affect your relationship with Jesus?

Christian learned that God loves her no matter what, and as she puts her trust in him, her worries will fade away.

7. What would it look like for you to put your trust in God?
8. What worries do you hope would fade away?

What does it look like when we bring trust into our relationship with Jesus? Let's explore Matthew 14:22-33 with that question in mind.

Read Matthew 14:22-27.

Matthew 14:22-27 ESV

22 Immediately he made the disciples get into the boat and go before him to the other side, while he dismissed the crowds. 23 And after he had dismissed the crowds, he went up on the mountain by himself to pray. When evening came, he was there alone, 24 but the boat by this time was a long way from the land, beaten by the waves, for the wind was against them. 25 And in the fourth watch of the night he came to them, walking on the sea. 26 But when the disciples saw him walking on the sea, they were terrified, and said, "It is a ghost!" and they cried out in fear. 27 But immediately Jesus spoke to them, saying, "Take heart; it is I. Do not be afraid."

At the beginning of this story, we find some obedient, yet frightened, disciples.

9. If you were the disciples in the story, what would you be feeling at this moment?

Jesus then calms them down by saying, "Take heart; it is I. Do not be afraid."

10. What does it mean to take heart?

Read Matthew 14:28-29.

Matthew 14:28-29 ESV

28 And Peter answered him, "Lord, if it is you, command me to come to you on the water." 29 He said, "Come." So Peter got out of the boat and walked on the water and came to Jesus.

11. Have you had an experience in your story where you had to step out of the boat and trust Jesus?

Read Matthew 14:30.

Matthew 14:30 ESV

30 But when he saw the wind, he was afraid, and beginning to sink he cried out, "Lord, save me."

Mel painted a picture of a terrified Peter who found himself underwater. Can you relate? Have you ever felt like you were drowning? Like the waves of life were crashing over you and you struggled to breathe?

12. When you think back over your story, when have you identified the most with a drowning Peter?

Read Matthew 14:31-33.

Matthew 14:31-33 ESV

31 Jesus immediately reached out his hand and took hold of him, saying to him, "O you of little faith, why did you doubt?" 32 And when they got into the boat, the wind ceased. 33 And those in the boat worshiped him, saying, "Truly you are the Son of God."

13. How does this part of the story encourage you?

14. Have you ever experienced a time in your life where you felt unworthy to approach Jesus?

Peter believed in Jesus and believed he was the Messiah. But he also trusted him. That didn't mean he wouldn't be overcome at times by the waves. It meant he knew that no matter what, Jesus would be there to pull him up.

15. How could you encourage other single moms to believe they can and should trust in Jesus?

16. At this point in your story, can you say you trust in Jesus?

Read Proverbs 3:5-6 out loud as a group.

Proverbs 3:5-6 ESV

5 Trust in the Lord with all your heart, and do not lean on your own understanding.

6 In all your ways acknowledge him, and he will make straight your paths.

Christian and Peter both showed us that a little trust is better than no trust at all. No matter where you are, who you are, or what you've been through, you can trust God.

Take note of this. As you are writing your story each day, make sure you are trusting God. Live a life that steps out of the boat and reaches for the Savior when you're sinking.

Trust. This is your story.

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

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Hi friends, I'm Mel Hiett. I like to believe that my nine years of being a single mom to two rowdy boys helped prepare me for Arise Ministries. Just in case raising those two wild boys wasn't enough training, God allowed me to work with teenagers in the local church for sixteen years. If nothing else, I have a handful of wild stories and God moments to share with all of you. My husband, Trae, and I decided to make life more interesting in 2017 when we got married. Together we have five children, two dogs, and some chickens. We have a family group text affectionately named "The Zoo." Please feel free to follow my adventures on Facebook or Instagram @themelymel.