

## **We All Go Through Times of Darkness | When Darkness Descends - Ep. 1 | Pastor Guy**

**1-26-2025**

### **Summary**

Pastor Guy introduces a new series titled *When Darkness Descends*, focusing on the universal experience of darkness in life, such as depression, anxiety, and loneliness. It highlights that even biblical figures like David, Elijah, and Jesus faced such struggles. The sermon emphasizes that God provides resources like faith, hope, love, peace, and joy to help us navigate these dark times. He encourages not to compare our struggles with others and stresses the importance of connecting with God personally, not just relying on His power. He also underscores the significance of community and faith in overcoming darkness.

### **Intro Prayer**

Heavenly Father, we come before You with open hearts, seeking Your guidance and wisdom. As we delve into today's discussion, we ask for Your presence to be felt among us. Help us to be receptive to Your teachings and to support one another in our journeys through darkness. May Your light guide us and may we find strength in Your promises. In Jesus' name, we pray. Amen.

### **Ice Breaker**

What is one thing that always brings a smile to your face, no matter how your day is going?

### **Key Verses**

- 1 Kings 19:9-14
- Psalm 94:6
- Hebrews 11:6
- James 4:6
- John 3:16

### **Questions**

1. Have you ever experienced a time of darkness in your life? How did you cope with it?
2. What does faith mean to you personally, and how has it helped you in difficult times?
3. Why do you think it's important not to compare our struggles with others?
4. How can we better connect with God's presence rather than just His power?

5. What role does community play in helping us through dark times?
6. How can we apply the resources of faith, hope, love, peace, and joy in our daily lives?
7. How can we support each other in our group when someone is going through a dark time?

### **Life Application**

This week, focus on one of the five resources (faith, hope, love, peace, joy) and find a practical way to incorporate it into your daily routine. Share your experience with someone in your community or group.

### **Key Takeaways**

- Darkness is a universal experience, and even biblical figures faced it.
- God provides resources like faith, hope, love, peace, and joy to help us through dark times.
- Connecting with God's presence is more important than just seeking His power.
- Community and support from others are crucial in overcoming darkness.
- Biblical faith involves trusting in God's presence and His word.