

**CONNECTION QUESTION**

The large company migrating to Egypt reminds us that God kept his promises to Abraham's family despite the dysfunction in Jacob's family. How has God been faithful to his promises despite the presence of sin in your life, family, church, or community?

BRINGING THE BIBLE TO LIFE

Pastor Kurt talked about the importance of an attitude of gratefulness instead of grumbling in all circumstances. Our attitude is an essential part of our witness for Christ in our home and in the world. What do these verses teach us about where to find a positive attitude in difficult circumstances?

- Philippians 4:6-7
- 1 Thessalonians 5:18
- Isaiah 41:10
- 2 Corinthians 4:13-16
- John 14:27
- John 16:33

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- Psalm 27:1-3

No matter how much we try and find our attitude from God's love for us in spite of our circumstances, we are physical people that feel physical pain. God gave us essential rhythms in life to give us physical, emotional and spiritual restoration. What essential God-given rhythms do these verses reveal?

- Hebrews 10:25
- Exodus 23:12
- Psalm 119:28
- Psalm 4:8

TAKE IT HOME

What is the most important thing to remember? What is the most important action to take?