



# WHEN LIFE IS A LOT

Let faith anchor you

# SUNDAY, MAY 10

**WEEK 1 | Isaiah 40:1-11 | You're Seen**

Life can feel like a lot, especially when everything seems to pile up at the same time. Work, family, health, and decision-making don't wait for the right moment. You might find yourself trying to keep everything together while quietly taking on more than usual. You continue to show up because others rely on you, but there are times when the burden feels heavier than you can express. Uncertainty about what lies ahead is common, and it's clear that some challenges won't resolve on their own. Remember, you don't need to fix everything all at once. Instead, take one step at a time, trusting that God is already with you in what you're carrying.

## BIG IDEA

**God sees what you carry for others, even what goes unnoticed, and He helps you carry it so you're not alone.**



## DISCUSSION QUESTIONS



1. What is one thing that stood out to you from this week's message?
2. What is something you're carrying for others that people don't always see?
3. Isaiah reports that God says, "Comfort, comfort my people..." Where do you need God's comfort right now? What would that look like in your life this week?
4. God says, "Prepare the way for the Lord" as an invitation to make room for God's arrival. What is one thing you need to clear or make space for so you can notice God's help this week?
5. How can we pray for you?

## YOUR NEXT STEP

This week, name one thing you're carrying, ask God for help with it, make a little space for Him, and don't carry it alone.