

NCC Life Group Application

Week 5 Message: Hope and Help | Series: Weeds! | Date: 5.4.24

Application Opportunities:

Remember these applications are meant to help us apply the message. Prayerfully consider how to apply the message with your family, your group, or for you personally. Seek to intentionally grow your faith!

Application Actions:

1. **Practice Honesty:** Take time to reflect on areas of your life where you may not have been completely honest with yourself, others, or God. Commit to being more transparent and authentic in your relationships and in your conversations with God. Write this out and if ready share with someone.
2. **Release and Surrender:** Identify one specific burden, struggle, or worry that you have been holding onto. Choose to release it to God, surrendering control and trusting His faithfulness to handle it in His perfect way and timing. Write this out and if ready share with someone.
3. **Forgive and Let Go:** Examine your heart and identify any bitterness or unforgiveness that is weighing you down. Make the choice to forgive those who have hurt you and let go of resentment, allowing God to bring healing and freedom to your heart. Write this out and if ready share with someone.
4. **Seek Help and Support:** If you are facing mental health challenges or struggling with a specific issue, seek help and support from trusted individuals or professionals. Reach out to a counselor, join a support group, or confide in a trusted friend who can provide guidance and encouragement.
5. **Commit to Prayer:** Make prayer a consistent and vital part of your life. Develop a habit of bringing your burdens, struggles, and praises to God daily. Pray for others who are going through similar challenges, interceding on their behalf for hope and help.

Choose one or more of these application actions and commit to implementing them in your life. Allow God to guide and transform you as you seek hope and help in Him.