



### **Week 3**

What's something small that stresses you out more than it probably should?

Without getting too deep, what's one thing that easily makes you feel overwhelmed or unsteady?

Where do you tend to run first when life gets heavy – a person, music, scrolling, distraction? Why that?

Psalm 125 says those who trust God are “like a mountain – unshakable.”  
What do you think it practically looks like to be “unshakable”?

Can you think of a moment when you felt God “surround” you – through someone, a moment, a verse, or something small?

What's one area of your life where you need stability or steadiness right now?

What's one step you can take this week to run to God first instead of whatever you normally go to?

What's one thing shaking you that we can pray for together?