Small Group Discussion Notes
And Yet… He is Strong
Week 4
February 15, 2026

Warm Up

Share about a time when in your weakness, God demonstrated his strength.

Digging Deeper

Read Isaiah 40:27-31 and Isaiah 41:8-10

What do these verses communicate to you about the Lord's character? What do they communicate about his faithfulness and strength?

There are many examples of God's faithfulness and strength in times of weakness throughout the Bible. What examples resonate the most with you and why?

Read 2 Corinthians 12:9

How is the Lord's power "made perfect in weakness"?

What social/cultural dynamics are in opposition to the idea of boasting in our weakness? Or to put it another way, why is boasting in weakness so countercultural?

Read Psalm 46:1

If you really took this passage to heart, how would it change the way you live your daily life? In particular, how would it change the way you view your limitations or weakness?

Next Steps

In what circumstances do you most often feel weak and in need of God's strength?

Read Psalm 28:7

Does your heart leap for joy, so to speak, when you allow the Lord to be your "strength and shield" in the midst of your weakness, or do you feel disappointed in not being able to navigate circumstances under your own strength? Why?

Final Thoughts

Take time in prayer to ask the Lord to free you from the belief that you have to accomplish things by your own strength. Ask him to build your faith in his strength and provision.