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PRAYER

God, please help us not to compromise when we sense the pressures of life, but may we learn to run to you and trust you when we face trials and rains that present themselves. In Jesus' name, Amen.

WARM UP

(OPTIONAL)

What kind of weather is your favourite and why?

NOTES

WORD

⁷By faith Noah, being warned by God concerning events as yet unseen, in reverent fear constructed an ark for the saving of his household. By this he condemned the world and became an heir of the righteousness that comes by faith.

[Hebrews 11:7](#) (ESV)

⁵The Lord saw that the wickedness of man was great in the earth, and that every intention of the thoughts of his heart was only evil continually. ⁶ And the Lord regretted that he had made man on the earth, and it grieved him to his heart. ⁷So the Lord said, "I will blot out man whom I have created from the face of the land, man and animals and creeping things and birds of the heavens, for I am sorry that I have made them." ⁸But Noah found favour in the eyes of the Lord.

[Genesis 6:5-8](#) (ESV)

¹⁸For Christ also suffered once for sins, the righteous for the unrighteous, that he might bring us to God, being put to death in the flesh but made alive in the spirit, ¹⁹in which he went and proclaimed to the spirits in prison, ²⁰because they formerly did not obey, when God's patience waited in the days of Noah, while the ark was being prepared, in which a few, that is, eight persons, were brought safely through water. ²¹Baptism, which corresponds to this, now saves you, not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, ²²who has gone into heaven and is at the right hand of God, with angels, authorities, and powers having been subjected to him.

[1 Peter 3:18-22](#) (ESV)

GUIDE QUESTIONS

(NUMBERED ACCORDING TO LEVEL OF DEPTH AND READINESS TO SHARE)

1. On a scale of 1-10 (1 = extremely weak, 10 = strongest), how would you rate your resilience to hardship and turmoil in life?
2. What do you think it means to "grieve the heart of God" and why should we take note?

3. Hebrews talks about Noah condemning the world while he constructed the ark as an act of faith. How can we "condemn the world" as we build our lives the way God intended?
4. How have you worked through past challenges in your life? Are there challenges you are facing now that you are finding overwhelming? Can we pray for you?
5. Peter compares Noah in the flood to the waters of baptism, where Noah trusted God, and God removed the dirt or impurity from his conscience through the new life Noah experienced after the flood. Likewise, we can experience a new life in trusting God and the resurrection of Jesus Christ. Do you fully trust Him in this way? Have you been baptised? If you have, take a moment to thank God for this new life! If not, would you like to be baptised?

PRAYER LIST