



GRACE FOR EVERY STEP

4 MAY 2025

Summary:

This Message explores the concept of God's sustaining grace, using the story of Elijah and the widow of Zarephath as a central example. Brigitte Downes emphasizes how God's grace is not just about receiving, but how it sustains us through both daily life and moments of crisis. The message encourages believers to trust in God's provision, even when resources seem depleted, and highlights that faith often begins where our own resources end.

Key Points:

- God's grace sustains us in both everyday life and crisis moments
- Faith begins where our resources end
- Obedience to God, even in seemingly impossible situations, can lead to miraculous provision
- God's power is made perfect in our weakness
- God's grace is abundant and never exhausted
- Sometimes our brokenness allows God's light to shine through more brightly

Scripture Reference:

- 1 Kings 17 (Story of Elijah and the widow of Zarephath)
- 2 Corinthians 12:9
- John 1:16
- Luke 1:41-42

Stories:

- Elijah and the widow of Zarephath (1 Kings 17)
- Personal experience with her mother's cancer diagnosis
- The first spin class experience as an analogy for crisis
- The speaker's son's unwavering loyalty to his favorite sports team
- The glow stick analogy for God's grace shining through our brokenness

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DISCUSSION QUESTIONS (For Individual or Group Reflection)

How have you experienced God's sustaining grace in your own life, especially during times of crisis or when you felt you had nothing left to give?

In what ways can we cultivate an 'unwavering faith' like Elijah's in our modern context, and what challenges might we face in doing so?

How does the widow's obedience, despite her dire circumstances, challenge our own willingness to trust and obey God when it seems illogical or impossible?

What does it mean for us to offer our 'last meal' to God, and how might this concept apply to different areas of our lives beyond material possessions?

How can we recognize and appreciate the 'small, still' moments of grace in our daily lives, rather than always expecting dramatic miracles?

In what ways does the metaphor of the glow stick 'shining brightest when broken' resonate with your own experiences of God's grace in difficult times?

How does the concept of God's power being 'made perfect in weakness' (2 Corinthians 12:9) challenge our cultural values of strength and self-sufficiency?

What might it look like for us to practically step into the 'waterfall of God's flowing grace' in our daily lives and routines?

How can we support and encourage one another to recognize God as our 'second wind' when we feel we've reached our limits?

In what ways can we, like the widow, demonstrate obedience and faith even when we don't fully understand or see the outcome?

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SMALL GROUP GUIDE

Opening Prayer:

Begin with a prayer asking God to open hearts and minds to discuss His sustaining grace. Pray the Impacters prayer together as a group.

Key Takeaways:

1. God's grace sustains us in both everyday life and crisis moments.
2. Faith begins where our resources end.
3. God's grace often shines brightest in broken places.
4. Our little is enough for God to work with - He doesn't need our strength.
5. God's abundance of grace is never exhausted.

Discussion Questions:

1. Brigitte mentioned different forms of day-to-day sustenance (music, exercise, coffee). What sustains you in your daily life? How does this compare to what sustains you spiritually?
2. Reflect on a time when you felt you were in "crisis mode." How did you experience God's grace during that time?
3. The widow in the story gave her last meal to Elijah. Have you ever been called to give when you felt you had nothing left? What was that experience like?
4. How does the concept of "faith begins where our resources end" challenge or encourage you in your current circumstances?
5. Brigitte said, "God's grace often shines brightest in the broken places." Can you share an example of this from your own life or someone you know?
6. Discuss the three ways to receive God's sustaining grace mentioned in the sermon: a. Our need met by God's provision b. God's power doesn't need our strength c. God's abundance is never exhausted Which of these resonates most with you right now and why?
7. How does the image of the glow stick (shining brightest when broken) relate to your understanding of God's grace in difficult times?

Practical Applications:

1. Daily Grace Journal: Start a daily practice of writing down one way you experienced God's sustaining grace each day.
2. Unwavering Faith Challenge: Choose one area of your life where you struggle to trust God fully. Commit to praying about it daily for the next week, asking for unwavering faith like Elijah's.

3. "Second Wind" Exercise: The next time you feel depleted, pause and ask God to be your "second wind." Journal about the experience afterward.
4. Grace-Sharing: Look for opportunities this week to extend grace to others, especially in moments when it feels difficult to do so.
5. Scripture Meditation: Spend time meditating on 2 Corinthians 12:9 this week. Reflect on how God's power is made perfect in your weaknesses.

Closing Prayer:

Close the session by having group members pray for each other, asking God to pour out His sustaining grace in specific areas of need.