



HOW TO KEEP
LOOKING UP
WHEN YOU ARE
FEELING DOWN

S E R M O N G U I D E

How To Keep Looking Up When You're Feeling Down

2 Samuel 12:15-23

QUESTIONS TO CONSIDER

1. When was a time you operated from a place of shame instead of accountability? How would you do things differently if you could go back to that moment?
2. Have you ever had to walk through the grief cycle? If so, what was the toughest part about that season of your life (or what was the toughest stage of the cycle to navigate)?
3. What is one step you can take this week to make your relationship with God stronger?
