

Group Questions – Week 1: Pain and Gain

03/08/26 – Pastor Kirby

Getting to Know Me Questions:

- Who was your childhood actor/actress crush?
- How many cups of coffee, tea, or beverage-of-choice do you have each morning?

Into the Bible Questions:

- What's something from this week's teaching that you learned, stood out, was interesting?
- Right now, what would you say is the greatest stressor in your life?
- What do you do to help you relax and/or release stress?
- How do you react/act out when stressed? Is it the same with co-workers and family etc?
- **READ:** 2 Corinthians 4:16-18
- In times of stress are you able to fix your eyes on God in any way? If so, what does that look like? If not, where does your attention go?
- What makes the idea of fixing our eyes on God during stress so difficult?
- Pastor Kirby said there are 2 things that God wants to accomplish through our stress.
 - God wants to build our character
 - God wants us to change our direction.
- How have you noticed character change in or after stress?
- Have you ever had a change of plan or life due to stressful situations? Explain
- In all ways God's desire is to be closer and know God better.
- **READ:** Matthew 22:37-38
- Out of the ways to love God in this verse, which one do you find to be the most challenging?
- Use this prayer this week as a guide to praying over and for your loved ones.

Application Questions:

- We talked about the 4 Common points of stress
 - Our SCHEDULE
 - Our RELATIONSHIPS
 - Our FINANCES
 - Our JOB/SCHOOL
- Each person talk about each area.
- After talking about them, find ways to help carry the load for each other in the coming days/weeks/months etc.