

LIFE GROUPS

DISCUSSION GUIDE

1

These questions are designed to help groups discuss the weekend teaching while building relationships with each other and growing in our faith!

Jan 8th / 11th, 2026

WARM UP

1. This talk mentioned how we tend to move the finish line. What's a "finish line" you once believed would finally make you happy?

2

KNOW IT

2. Why do you think our culture struggles so much with sadness or mourning?

1. In **Ecclesiastes 1-2**, Solomon describes chasing pleasure, success, and meaning but still coming up empty. What stands out to you the most about Solomon's experience?

2. Read **Matthew 5:4**. Why do you think Jesus connects *mourning* with *blessing*? How does Jesus' definition of "blessing" differ from the way our culture defines happiness?

3. Read **Psalm 34:18** and **John 16:33**. What hope or encouragement do you find in these verses when you are facing sadness, pain, sorrow, or disappointment?

3

SHARE IT

1. Which of the four common responses to sadness do you most identify with and why?

Denial

Isolation

Numbing

Dwelling

2. This talk discussed "*lament*" as being honest with God. Do you find it difficult to lament - to "pray what you got"? Why or why not?

3. How does knowing that **Jesus understands suffering** (*Hebrews 4:15*) change the way you approach God during difficult seasons?

4

LIVE IT

1. What would it look like for you to "**keep coming to Jesus**" in this season of your life?
2. Is there an area of your life where you've been trying to "power through" instead of bringing it honestly to God?
3. How can this group be a place that helps fight isolation for one another?