

Win the Day

Kiss the Wave – Mark 4:35-41

Questions to consider during message

What is one thing that stood out to you from this week's message?

Can you think of a past painful experience or season that you went through that was difficult to overcome, yet you found growth through it?

How has your painful seasons helped you relate more towards those who you meet going through the same thing you suffered through? Are you able to find more empathy in their experience?

In what ways has past pain conditioned you to have unhealthy habits? How have you felt yourself being held captive by that experience?

What are some healthy habits that you think you could use to replace the unhealthy habits that have developed into coping mechanisms and defense mechanisms? How can you replace the toxins with beneficial growth?

How can we pray for you? If you would like to request prayer, please visit the "I'm New" page on our website: [Poplar Grove Baptist Church - I'm New \(snappages.site\)](http://snappages.site)
You can send your prayer requests, questions, or whatever you may need and we will respond.