



Blessed are the Spiraling

Week one - "Unshakeable Joy"

Hebrews 12:18-29

Bottom line: You can cope, you can quit, or you can come alive.

1. When is the last time you felt like you were spiraling? What caused the spiral?
2. What are some of the ways you find yourself managing chaos or coping, instead of working through it?
3. Have you ever quit, or been really, really tempted to quit? Why did it feel like quitting was the best, or only option? Looking back, what might have made the difference in your ability to keep going?
4. Read Hebrews 12:18-29
 - a. The writer describes the difference between the mountain of Sinai, which represented a lot of Israel's failures, and the heavenly Jerusalem, which represented the kingdom of God. Why would anyone go back to Sinai when the kingdom of God is an option? Why might you go back to the familiar instead of letting Jesus transform your life?
 - b. What are the parts of your life that feel shakeable?
 - c. What are some of the things the kingdom of God offers that are unshakeable?
5. What are some of the false identity-markers that have become burdens or pressure points in your life?
6. Are there ways you struggle to hold onto who God says you are and whose God says you are?