



**ReStart, week one: Breathe**

***Ezekiel 37:1-14***

1. Have you ever had the wind knocked out of you? What happened and how did it feel? (group prize for the most dramatic story)
2. The start of the school year often feels like a new year/restart. How does this year feel different? What are some of your biggest challenges or anxieties?
3. Read Ezekiel 37:1-8. Do you feel like you're in survival mode? What would it take for you to leave survival mode?
4. Read Ezekiel 37:9-14. What do you need most to live right now? Do you believe God can give you what you need?
5. How can this group support you this week as you take a step to move from survival to thriving?