

Weekend Message Questions

The Struggle Is Real - Week 2

5/22 - 5/23

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CHECK-IN: Check with your group to see how they're doing. How did everyone do with last week's DIY? (Read Acts 2 this week and reflect on what it means to "be the church")
What are some of the things you do to be healthy?

BIG IDEA: I Struggle with Mental/Emotional Health

READ: 2 Corinthians 10:3-5

What are some of the obstacles that keep people from knowing God?

How healthy do you feel in your sense of significance, love, and security?

What are some of the distractions that you run to as you search for significance, love, or security?

What is the benefit of having someone else, a third party, to process through the things that we are working on?

Do you and the members of your family have a place to go to truly feel heard?

What makes an environment a safe environment, where someone can share heavy things that they are dealing with?

How do unaligned expectations affect conflict?

Why should someone work on the cause of their unwanted reactions verses just trying to address their reactions?

What are some spiritual practices or rhythms we can have in our lives to help us stay healthy during this season?

How would you describe your rhythm of rest, quiet time, and exercise?

Have you spent any time replacing some of your negative outlets?

When is the right time to go see a counselor or a therapist?

DIY: Take a step toward spiritual health this week by starting a new Bible reading plan or having consistent prayer time.

PRAY

Can you use prayer? <https://hopefellowship.net/prayer-request/>