



PART 3: PAIN AND POSSIBILITY

BIBLE TEACHER BEN STUART

1. If you were to be completely honest with God about how you feel right now, what would you tell Him?
2. To get perspective, we must remind ourselves of God's promises. For example, Romans 8:28 says that "for those who love God all things work together for good, for those who are called according to his purpose." What are good things you can see God doing in this season?
3. In this season, perhaps more than ever, it is easy to avoid or numb our feelings through distractions and addictions.
 - a. What are you taking refuge in right now, other than God?
 - b. How are you making space and time for silence and solitude before God in this season? If you are not, how can you create that space?
4. Jesus is the King of kings, who came from the line of David, and went through the worst suffering imaginable so that we could be redeemed and have hope. How can this hope help you get moving?