

DISCUSSION GUIDE - What's On Your Mind? Week 4

Warm Up:

What did you like to pretend or find it necessary to pretend when you were a child? How did you feel when you did that?

Discussion:

1) Do you tend to suffer in silence? How can you break free from the tyranny of 'fine'?

2) Read Psalm 36:5, 7. Often times, the thing we're trying to earn is already available in Jesus. How would understanding that change your efforts?

3) Read James 5:15-16. The best remedy for grief or isolation is being authentic, even vulnerable with others. Have you ever experienced the freedom of sharing something you held in silence for a long time? What did it feel like?

4) Do you have people in which you can share all your life with? Who do you celebrate with?

5) Read 2 Corinthians 7:10. What is the difference between sorrow that comes from God and sorrow that comes from the world? How could this help you encourage someone holding onto the shame of their past?

Application:

Is there someone in your life who needs to be encouraged to find freedom? Pray for them and reach out to them this week with encouragement.