

This Is Us

What To Do On The Worst Day of Your Life

THIS IS US



Ice Breaker

- **Icebreaker:** What has been the best day of your life? Why?
- **High's & Lows:** What was the high point of the past week? The low point?

Key Questions

- What's one idea from Sunday's message that really stood out to you? Why did this grab your attention?
- *"Suffering Is Inevitable. Overcoming Is Optional."* Pain is polarizing. Nobody suffers and remains unchanged. We either get better, or bitter. Do you have a personal hero that has overcome suffering? What do you admire most about them? Why?
- *"Take One Faith-Filled Step Forward."* Suffering impacts everyone uniquely. Which of the five faith-filled steps comes most naturally to you? Which is the most difficult step for you to take? Why? How can we encourage you to take your next step?
 - **1. Stay Alert:** *Everybody Has a Worst Day*
 - **2. Mourn Well:** *Never Waste a Sorrow*
 - **3. Uproot Bitterness:** *Get Better, Not Bitter*
 - **4. Choose Heaven:** *Strengthen Yourself In the Lord*
 - **5. Set Out:** *Pursue a New Normal*

Optional Questions – *If needed, include one or more of these scriptures and questions to extend your conversation.*

- *"The Struggle Is the Source."* God strengthens us through the struggle. How has God used suffering in your life to strengthen you?
- Read 1 Peter 5:8 aloud. Ps Blake shared that, for most people, the Devil is trying harder to destroy us than we are trying to resist him. Do you struggle with the concept of a literal Devil? Why or why not? What does "Staying Alert" look like to you?
- Read 1 Samuel 30:6 aloud. If your friend was feeling defeated, how would you encourage them to strengthen themselves in the Lord?
- Read Hebrews 11:39-40 aloud. This is the furthest from Heaven and closest to Hell we will ever be. What excites you most about Heaven? When you think about eternity with God how does it change your view of suffering?

Announcement: Sunday is the start of our new 4-week series, "It Is Finished!"