

Reflection & Discussion Questions

Life Lessons

1. Think about a few events or circumstances in your life that have impacted you. How did they affect you? What lesson(s) did you learn from them?
 - Have any of those lessons changed your way of thinking or behaving? If so, how have they?

2. Can you think of a life lesson you have learned by watching someone else go through a difficult situation? How has their suffering impacted the way you think and live?

3. Someone said, "To be human is to be hiding." Do you agree with this statement? Why or why not?

4. What are some reasons we are hesitant to be open and transparent about our struggles?

5. Is it hard for you to share your struggles or be transparent with another person? If so, why do you think that is?

6. What impact does hiding your struggles have on your relationships?

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7. How does hiding “protect” your story/testimony (and your reputation)?

8. How does the Apostle Paul’s statement from 2 Corinthians 1:8 “*We do not want you to be uninformed*” about the troubles he had encourage you to be open about your own?

9. What benefits are there in being open and honest with others about the things we struggle with?

10. How has knowing about someone else’s struggles encouraged or helped you in your own?

11. Thinking back to the life lessons you have learned, how has God’s Word been an anchor to you?

12. Which verses from God’s Word have kept you from drifting away or drowning?