



FINDING PEACE IN CHAOTIC TIMES

SEPTEMBER 19 | AN UNEXAMINED LIFE

START TALKING | Ask a question to get your group thinking.

- When you were growing up, how did your family “do emotions?”
- What emotions were encouraged or discouraged?

START THINKING | Ask a question to get your group thinking.

- Read Psalm 139:1-3, 23-24
- Which words or phrases stand out to you?
- In this psalm, David asks God to search inside of him. To what degree in your journey of faith have you invited God to help you look within?
- In this chapter Rich says, “limited reflection usually leads to dangerous reaction.” How have you experienced this in your own life?

START SHARING | Choose a question to create openness.

- Read 2 Corinthians 6:3-10
- Which words or phrases stand out to you?
- In this passage, Paul is listing the various hardships that have come his way. If you were to write an autobiographical sketch of your own hardships, what are some words you would use?
- Paul specifically joins two words together in verse 10 (sorrow and rejoicing). It’s often the case that we feel the need to choose one over the other. How is it possible to hold sorrow and rejoicing together?

START PRAYING | Be bold and pray with power.

- Jesus, help me to look inside myself, at the emotions and the wounds that I so often ignore and simply wish would go away. May the Holy Spirit help me engage the emotions and wounds, may I engage with others, so the wounds I ignore become the pain I inflict on others. In your resurrected name we pray together, Amen.

START DOING | Commit to a step and live it out this week.

- Rich Villados offers a series of questions to help navigate the debilitating reactions we often have when we are under stress:
- a) What happened? b) What am I feeling? c) What is the story I’m telling myself? d) What does the gospel say? e) What counter-instinctual action is needed?
- Is there a recent situation in which you can use this framework to help you gain greater internal freedom?