



THE
STRUGGLE
IS REAL

DISCUSSION GUIDE
Week 3: 9/28 - 9/29

DISCUSSION QUESTIONS

Week 3: 9/28 -29

Watch: <https://www.youtube.com/watch?v=c6IDhUvN5hg>

1. What does it mean to acknowledge anxiety in your life? Why is this often so hard? What areas of anxiety in your life do you need to acknowledge?

2. What does it mean to calm your body? How does our physical health relate to our mental health? What are ways that we can improve our physical health that will also help improve our mental health?

3. What does it mean to lean into hope? What is our great hope? What are some times in your life where hope has helped bring you through a tough season? What about the hope of Jesus do you need to embrace most in this current season?

4. What about this sermon series has impacted you most so far? What truth has been most illuminating or encouraging for you so far?

5. What is one practical takeaway from this sermon that you can apply to your life this week?

*Have a question about something you heard in the message or that came up in your discussion? Have a related topic you'd like to see addressed in the **Series Followup Panel Discussion, Tuesday, October 15th at 7pm?** Email Caleb Eissler: ceissler@pleasantvalley.org*