



Small Group Questions

Part 2: How to Have a Really Good Bad Day

© 2016 Seacoast Church. All Rights Reserved.

Read

Genesis 50:20; Philippians 1:13–26; Proverbs 20:24;

Reflect

We all have bad days. Yet God gives us the opportunity to see and access his healing power in the midst of our struggles. From Joseph's story in the Old Testament and Paul's in the New Testament, we have great examples of how to mentally get through rough circumstances lasting for long periods of time, and how to remain obedient and faithful so that God can work all things together for the good of those who love him.

1. Get a bigger perspective.
 - a. Would you agree there is a battle going on for your thought life? Explain.
 - b. During your week, how often do you remind yourself that it's not just about getting through daily tasks, but living your life for Christ?
 - c. When you wake up in the morning, how do your first thoughts affect your day?
 - d. What tools do you use to direct your thoughts? Read the Bible and devotions? Prayer? Other?
2. Focus on the right things.
 - a. Consider your mood earlier today. What have you focused on?
 - b. In the past, when things started to go wrong, did you let troubles become magnified out of proportion? What was the result? Frustration? Anger? Bitterness? Discouragement? Depression?
 - c. Identify the most important things to you. During your week, how might those things become blurred? How might you be shifting focus to the trivial?
 - d. Are you feeling stuck? By what?
 - e. Proverbs 20:24 says that we should not try to understand everything. Why do you think God tells us that?
3. Remember your mission.
 - a. For me to live is _____? How would you fill in the blank?
 - b. Do you have different things to live for than say...five years ago? How has your perspective changed, and why?
 - c. Which requires the most effort for you to battle: the need for possessions, pleasure, power, popularity, or prestige? Explain.

Your purpose/mission.

- d. In what ways are you doing the following?
 - i. Worship God with your life.
 - ii. Encourage other believers
 - iii. Share the Good News.

Respond

What is your next step? Where is God leading you? How can your small group support you?