

## **DISCUSSION QUESTIONS**

For the week of May 5, 2024

One of the best things you can do after hearing truths from the Word of God is to talk about them with others. Here are some questions to help get the conversation started. (hint: the first couple of questions are meant to “break the ice” and get people talking)

- What is your most irrational fear or phobia, and how do you cope with it?
- If you were faced with the choice of confronting a fear of needles or having to endure an awkward social situation, which would you choose and why?
- Read Matthew 26:36-39 and discuss the emotions that Jesus was facing in Gethsemane. Then talk about the emotions you typically experience when facing something difficult or painful, and how you cope with them.
- Can you identify any personal experiences of grief or loss in your own life? Why do you think God allows us to experience grief and loss?
- Read Matthew 26:37-38 and discuss the significance of vulnerability in the context of grief, using Jesus' example of opening up to His close friends.
- Read Matthew 26:39. In what ways do we try to control situations that cause us grief? How can we learn to surrender control, as Jesus did?
- What lies about grief do you find yourself believing, and how do these impact your ability to move forward?
- Reflect on the concept that grief is not the end of the story. How does the hope of resurrection and the promise of eternity shape our perspective on grief and suffering?
- How can keeping our focus on Jesus help us navigate through grief and suffering?
- Take some time to pray together.

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