Table Talk

THE ONE THING THAT CHANGES EVERYTHING PART 4

Discussion questions and conversation starters based on this weekend's sermon!

1. Have you ever been in a "cave season" — a time of depression, discouragement, or feeling like giving up? What got you through it or kept you there?

2. Elijah got taken out by a notification. What's a notification, text, or email that has absolutely wrecked your day before?

3. What voices do you find yourself listening to most when life gets hard — and are they actually trustworthy?

4. What's your personal version of "running to a cave" when life gets hard — Netflix, food, shopping, silence, your car?

5. Which of the three lies resonates most with you personally: "I'm all alone," "my story is over," or "God isn't moving"?

6. If God showed up and asked "what are you doing here?" right now — what would your honest answer be?

7. What does it look like for you to slow down enough to hear God's whisper in your own life?

8. What's the most dramatic thing you've ever done when you were overwhelmed that you look back on now and think — that was a lot?

9. What does "changing your position" look like practically in a hard season?

10. Have you ever had a massive win followed immediately by a complete emotional crash?