

**For Discussion**

1. Share a heartache from your life.
2. How do you naturally relate to heartache and pain? (stuff, isolate, express/talk, anger, depression, etc.)
3. Who do you know that has navigated through heartache in ways that are healthy and honoring to Christ?
4. Which of the four points from the message is most helpful to you? Why?

**For Further Study**

1. Read 2 Corinthians 1:3-11. What can you learn from this passage on navigating through heartache and suffering?
2. Share with your life-group what the Holy Spirit is showing you about navigating through heartache.