

## WEEK 9- A SURVIVOR'S GUIDE TO QUARANTINE

*Proverbs 18:14, 14:30, 12:25, 28:1, 14:13, 15:13, 13:12, 14:10, 16:2*

1. OUR INNER STRENGTH IS OF THE UTMOST IMPORTANCE
2. FIVE AREAS OF OUR LIVES THAT CAN CONTRIBUTE TO A BROKEN SPIRIT
  - A BROKEN SPIRIT CAN HAVE A PHYSICAL ASPECT
  - A BROKEN SPIRIT CAN HAVE AN EMOTIONAL/ RELATIONAL ASPECT
  - A BROKEN SPIRIT CAN HAVE A MORAL ASPECT
  - A BROKEN SPIRIT CAN HAVE AN EXISTENTIAL ASPECT
  - A BROKEN SPIRIT CAN HAVE A FAITH ASPECT
3. HOW DO WE HEAL A BROKEN SPIRIT AND DEVELOP INNER STRENGTH? THE TREE OF LIFE

### DISCUSSION QUESTIONS

1. What part of this past Sunday's teaching stood out most to you? Why?
2. How has your inner life (your emotions, attitudes, thoughts, heart, spirit, passion for life) been affected by the quarantine so far? What changes brought on by the quarantine do you think could potentially break your spirit in the future if this drags on?
3. The first main idea this week was that "Our inner strength is of the utmost importance" (Prov. 18:14). When you think about "inner strength" what/who comes to your mind? How does the Bible describe inner strength?
4. When the apostle Paul prayed for the churches he wrote to, he didn't pray for a change in their circumstances, but instead, he prayed for a change in them (ex. Eph 3:16). Why do you think he prayed like this? How do you pray compared to Paul?
5. Have you ever felt like you had a broken spirit? Which of the five aspects that were talked about on Sunday do you think led to it?
6. Our inner lives are complex. We live in a world that loves to over-simplify things, but the Bible presents a nuanced and complex view of people. Which of the five aspects of a broken spirit most often affects you? How can knowing the love of Jesus help heal that particular aspect of a broken spirit?
7. Pastor Ryan talked this week about how no other human being can fully know and understand you (Prov. 14:10). You can't even fully understand yourself (Prov. 16:2)! This is one reason why we need a personal relationship with God so desperately. How would you describe your relationship with God? What are some aspects of a relationship with God that are unique compared to a relationship with another person?
8. **PRAYER:** Let's spend some time praying together for our world, our country, our communities, our church, our families and each other.