



TALK IT OVER

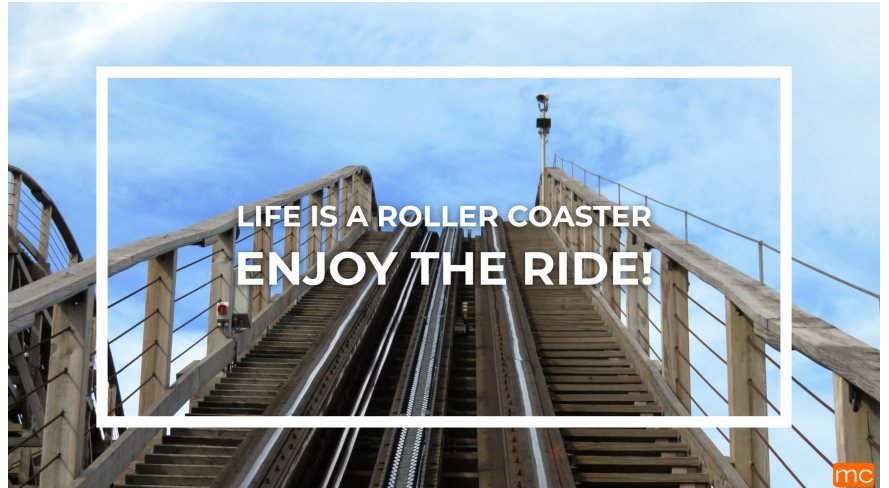
Our Talk It Over is prepared each week by the teaching pastor and is designed to prompt insights, questions and dialogue based on the life experience of each listener. Using these in a group setting after hearing the message is similar to the practices of the early church in Israel.

Warm-Up:

What's the most memorable roller coaster (literal or figurative) you've ever experienced, and why does it stand out to you?

Discuss:

1. Why do you think so many of us expect life to move in a straight, upward line instead of being full of ups and downs?
2. How do you personally respond when life takes an unexpected downward turn?
3. Psalm 40 shows both joy after deliverance and desperation in a new struggle. How do you relate to that tension?
4. What does it mean to you that God is present in both the "mountain tops" and "valleys" of life?
5. How might redefining life as a "roller coaster" help us better accept the reality of both good and hard seasons?
6. Where in your life right now are you experiencing a "mountain top" moment? How can you celebrate that?
7. Where are you experiencing a "valley"? How can you invite God's presence there?
8. How can you remind yourself of God's goodness when circumstances feel anything but good?
9. What practices or habits could help you grow through challenges instead of being crushed by them?
10. Who in your life might need encouragement that God is working for their good? How could you share hope with them this week?



Pray

God, thank You for being with us in both the highs and lows of life. Remind us that your goodness never changes, no matter what we face. Help us to trust you more deeply, to grow through challenges, and to encourage others along the way. Be our strength, our joy, and our hope. In Jesus' name, Amen.