



TALK IT OVER

Our Talk It Over is designed to prompt insights, questions and dialogue based on the life experience of each participant. Using these in a group setting after hearing the message is similar to the practices of the early church in Israel. Choose just one or a few of the questions to consider this week.

Warm-Up

Think about a time when something in your life ended—a job, a season, a relationship, or even a plan you had. What made that time especially difficult?

Discuss

1. Why do endings hit us so hard? When something important ends, what do you tend to feel or do first—push forward, shut down, try to fix it, or something else?
2. There are times when something has ended, but nothing new has started yet. What has a “waiting” season like that looked like in your life?
3. Why is it so difficult to slow down and actually feel grief or disappointment? What might we gain by not skipping over that part?
4. Do you find it easy or hard to believe that something good can come after something painful ends? Why?
5. Even if it’s small... what is something new, hopeful, or growing in your life that you might be overlooking?
6. Sometimes we don’t notice change or growth until later. What are some reasons we miss the good things that are already happening?
7. How would your mindset or daily life change if you truly believed that something better could still be ahead?



Apply

During the coming week, take 5 minutes each day and do this:

- Write down one thing that ended or changed in your life recently (big or small).
- Then write down one sign of new life—something new, growing, healing, or hopeful (even if it feels small).

At the end of the week, look back and ask: *Was there more “new life” happening than I realized?*

Pray

God, Thank you that our story doesn’t end with what we’ve lost. Help us see the good that’s beginning, even now, and trust that more is ahead. Amen.