



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

What's something simple that helps you slow down and feel refreshed—a walk, a meal, quiet time, music, being outside, something else?

Discuss

1. Joy is something we cultivate, not something we accidentally stumble into. What do you think helps joy grow in a person's life?
2. What's the difference between escaping from stress and intentionally creating rhythms that restore you?



Read

John 15:4-5 & 11

Apply

1. The picture of staying connected to the vine points to staying rooted in what gives life. What helps you feel grounded and connected when life feels chaotic?
2. What's one thing you'll do this week to create space for rest, connection, and joy?

Pray

God, thank you for being near to us in seasons of grief and loss. Help us to carry hope even in difficult moments and to be a source of comfort and compassion to others. Give us strength to trust you, speak honestly about what we feel, and care well for those who are hurting. Amen.