

**crossroads**

**LIFE GROUPS**

“How To Change A Life: Exhortation”  
Mental Illness and Suicide with Juli Wilson  
Discussion Questions for Week 3  
Feb. 12<sup>th</sup> and 16<sup>th</sup> 2020

**MEMORY VERSE OF THE MONTH:** “And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose. For those whom He foreknew, **He also predestined to become conformed to the image of His Son**, so that He would be the firstborn among many brethren.”

Romans 8:28-29

**DISCUSSION QUESTIONS:**

1. Do you tend to follow your heart or head more often?
2. The main scripture verse for this series is found in 1 Corinthians 14:3, “But one who prophesies speaks to men for edification and exhortation and consolation.” What does exhortation mean? Why is it important when it comes to combating anxiety, depression, and mental illness?
3. What were your personal thoughts about the things shared by Juli and Pastor Chuck? What stood out to you the most?
4. Read Luke 4:18-19. What does God promise us in this scripture?
5. Read 2 Corinthians 7:5-7. Who is writing this? What were they experiencing while they were walking with God and discipling others to do the same?
6. Read Matthew 9:36-38. What do we learn about the heart of Jesus here? Why is it important for us to know this about Jesus?

**LIVE “ITEL” NOW:**

Intentional Intimacy • Total Surrender • Experience More • Love Like Jesus

7. Pastor Chuck talked about the need to “kill the spiders” in our lives. As people, we tend to clear the “webs” with things like alcohol and porn but never kill the actual spider that is spinning the “webs.” Is there a spider in your life that needs to be taken care of? What is holding you back from killing your spider(s)?