

Questions for Individuals and Groups:

Read again Romans chapter 5 verses 1-5

- I wonder what things have kept you going through difficult times? What has given you hope?
- Have the things that have kept you going been healthy or unhealthy habits?
- I wonder what it looks like for you to have the ability to overcome adversity. How might you intentionally choose to let go of 'numbing' and lean into discomfort?