



RENOVATE: Emotional Health Questions.

1) God never wastes a hurt. Your greatest ministry will come from your deepest pain. Would anyone like to share a personal story of how God brought emotional healing into your life? This is great practice for sharing your faith with a non-believing friend.

2) The Bible says, *"When I kept things to myself, I felt weak deep inside me. I moaned all day long"* (Psalm 32:3). Why do you think we would rather hide the things that have happened to us instead of revealing them to someone?

3) Why is it so hard to forgive when we have been wronged? What happens if we choose not to forgive? What could happen if we do forgive?

4) The Bible says, *"Be made new in the attitude of your minds"* (Ephesians 4:23). Pastor Rick Warren said, "If you want to change the way you feel about your life, you have to change the way you think about your life". What is one thought you need to change about yourself?