



Go Deeper Guide

(for Individuals and Groups)



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Chapter 1: Who You Are Is Still the Same

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1. What's the best thing going on in your life right now? What's the hardest?

2. What are the words you have been using to describe who you are based on where you are in life right now? Write three here (for example, *stressed, divorced, sick, lonely*):

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3. To help shift your perspective, rewrite those words as phrases that show they aren't part of your identity. For example, "I'm going through a stressful time right now" or "I have experienced a divorce" or "I'm battling an illness."

4. What's one truth about who God says you are that you need to remember today?

5. We sometimes struggle to believe we're really loved by God. We think his love is conditional and has to be earned. How would you fill in this sentence? "If I am _____ (e.g., perfect) then I am loved. So if _____ (e.g., I'm broken) then I must not be loved."

6. Read Romans 8:38-39. How does this change what you wrote for the last question? What does God say to you instead?

7. Just before the passage above, Paul reassures us that our difficulties can't cause us to be condemned and that we will ultimately have victory. Read Romans 8:33-37. Personalize this passage by filling in this sentence:

"In all these things, even in _____
(write your biggest struggle right now), I am more than
a conqueror through him who loved me."

8. What else did God whisper to your heart as you read these pages? What's one small way you'll apply what you've learned?

Chapter 2: *You're Stronger Than You Know*

1. What circumstantial strength(s) did you circle on the list in this chapter?

2. Think for a moment about the last time you let yourself slip into a downward spiral. What led to it? If you could go back, what would you do differently? What circumstantial strengths would you ask God to give you instead?

3. Think again to the last hard day you had. What is one thing you did well despite everything that was going on?

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4. Who supports and encourages you in stressful times? How do they do so?

5. God uses your life education. What's one lesson you've learned in life that would be helpful to you right now?

6. God uses your life experiences. What's something you've gone through in life that can help you with the stress and circumstances you're facing today?

7. Which name of God spoke most deeply to your heart? Why?

8. What else did God whisper to your heart as you read these pages? What's one small way you'll apply what you've learned?

Chapter 3: Your Mind Is a Powerful Gift

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1. God has physically created us in extraordinary ways. What's one new thing you learned about how your brain works?

2. Review the four stages of change and then think of an area of your life in which you have experienced change. Describe your process of going through the four stages.

3. Which short-term strategy spoke to you most? How will you try it this week?

4. What kind of processor are you? What do you usually need to think through things (such as time alone, conversation with a friend, or reading Scriptures on the topic)?

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5. What are some ways or times you pray? When do you feel closest to God and what helps you do so?

6. Read Philippians 4:8. Which “whatever” do you need most right now and for what situation in your life?

7. What is a thought you have been battling this week? What truth does God want to replace it with instead?

8. What else did God whisper to your heart as you read these pages? What’s one small way you’ll apply what you’ve learned?

*Chapter 4: Your Heart Is
Worth Guarding*
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1. Read Proverbs 4:23. What does it mean to you to “guard your heart”?

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2. What are some of the emotions you've experienced this week (see the chart in this chapter if you need ideas, and choose at least one)? How did you express those emotions?

3. Practice going through this process:

I am feeling:

Because (first thing that comes to mind):

Is this really the reason? If yes, then continue.

If no, then write a new reason:

What do I need right now?

What's the first small thing I am going to do about that need?

What truth do I need to believe in this moment?

4. Besides "one another" relationships, which type are you most likely to be in?

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5. Which “one another” characteristic spoke to you most? Share an example from your life of seeing it in action.

6. Who is on the throne of your life right now? What are some ways you can tell when it’s Jesus and when it’s you?

7. Describe a situation when you guarded your heart. What did you do and how did that protect you in some way?

8. What else did God whisper to your heart as you read these pages? What’s one small way you’ll apply what you’ve learned?

*Chapter 5: You Can Keep
from Sabotaging Yourself*

1. Read Romans 7:15–24. Can you relate to what Paul shares? What phrase that he uses do you identify with most?

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2. What's one expectation you've been trying to fulfill? What is the invitation God wants to replace it with instead?

3. Think about what your signature insecurity might be.

What was the last situation you were in when you felt insecure?

What were you afraid would happen?

Why would it matter to you if that did happen?

The answer to the third question probably gives you a glimpse into a core part of who you are, what you value, and how God uses you. *We are most vulnerable to insecurity in those places.*

4. Based on the answers to the questions above, what do you think your signature insecurity might be?

My signature insecurity is:

When that button gets pushed, I usually react this way:

With God's help I'm going to try to respond like this instead:

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5. What is the difference between guilt and conviction?

6. What are you doing to take care of your body right now?
What helps you feel your best?

7. Which area are you thriving in most right now (social, emotional, spiritual, physical)? Which one is your biggest struggle, and what kind of support do you need in it?

8. What else did God whisper to your heart as you read these pages? What's one small way you'll apply what you've learned?

*Chapter 6: You're Made
for a Promised Land*
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1. Read the three Scripture passages at the beginning of this chapter. What do they have in common?

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2. Think of a time in your life when you passed through a difficulty. How did God bring you to the other side?

3. Which of the myths resonated with you most?

4. When you read the ways to get unstuck, was there one that you need now or that you have used in the past?

5. Think of an area of your life where you are making choices right now. Where would you place it on the chart?

Promised Land

Moderation, Joy



Desert
Deprivation

Exile
Overindulgence

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6. What's one step you can take toward the Promised Land? Or if you're already there, what will help you stay there?

7. What helps you "fight for joy" even on hard days?

8. Fill in this blank: I'm not going to settle for

9. What else did God whisper to your heart as you read these pages? What's one small way you'll apply what you've learned?

Chapter 7: You'll Remember

These Words

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1. Do you ever feel unseen or wonder if what you do is noticed? How does God remind you that he sees you?

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2. Where do you tend to find your worth? What helps you receive it from God?

3. Have you ever worried that something in your past or a struggle you're facing right now could disqualify you from being used by God? What is it and what's the truth?

4. Have you ever felt like quitting? How did God give you the strength to keep going?

5. Is it hard for you to celebrate when you're stressed or something difficult is happening? What's a small way to do so?

6. What does "rest" mean to you? How do you receive it from God and incorporate it into your life?

7. What are you most looking forward to in heaven?

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8. Read the Scriptures on the last page of this chapter. What else did God whisper to your heart as you read these pages? What's one small way you'll apply what you've learned?

*Chapter 8: You Can Make
the Most of Change*
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1. What changes are you experiencing in your life right now? Are they anticipated or unanticipated?

2. Read Genesis 1:28. Then review the “What’s within Our Boundaries?” list. Which of these is easiest for you to take charge of? Which one is most difficult?

3. What else do you wish was under your control? How can you release that to God?

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4. What does God want you to do about this change in your life?

5. What are the best uses of your emotions and energy right now?
What will your top three priorities be in this time of change?

6. What in your life do you need help with or to release while
you're working through this change?

7. Describe some changes you've already been through in life.
What helped you get through those that might apply now?

8. What else did God whisper to your heart as you read these
pages? What's one small way you'll apply what you've learned?

Chapter 9: Your Future Is Full of Hope

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1. What do you tend to worry about most?

2. Read Matthew 6:25-34. What do you find most reassuring in what Jesus says?

3. How would you explain the difference between worry and wonder or concern?

4. In the section on who God is, which truth spoke the most deeply to your fears?

5. Think of a challenging situation in your life right now and then walk through these questions.

Who is God showing himself to be in this situation?
What is he revealing to you about his character?

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What else do you need to know about him right now?
Ask him to show you.

How is who he is showing you more about who you are?
(For example, “Because God is always with me, I am never alone.”)

How do you want to become more like him through this situation?

6. How do you help your brain focus on truth and have hope?
What appeals to you most about these ideas?

7. What do you need to release to God when it comes to your fears about the future?

8. What else did God whisper to your heart as you read these pages? What’s one small way you’ll apply what you’ve learned?

Chapter 10: You Really Are Going to Be Okay

1. Read Hebrews 12:1-3. How would you define resilience? Who in your life is an example of resilience?

2. What helps you keep a positive attitude even in hard times? What's something new you've learned about that from this book?

3. What are some of your strengths, gifts, or skills? Which ones are you using most right now?

4. How do you show love to others? Who is showing love to you right now?

5. What's your definition of true success? What are your thoughts on the definition offered in this chapter?

6. Practice using “The Miracle Question.”

Imagine that when you go home tonight a miracle takes place and your problem completely disappears. But of course, being a miracle, you don’t know it has happened. What will be the first thing you notice the next day that will tell you it has happened?

What will be the next thing you notice?

What will you do differently that day?

How will you feel different?

Who will be with you?

What will you be thinking as you drift off to sleep that night?

What did you learn about what you really want based on the day you described? Given your current reality, what are some creative ways to make some of that happen in spite of your circumstances?

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7. What would you like people to say about you when you've gone to heaven?

8. What else did God whisper to your heart as you read these pages? What's one small way you'll apply what you've learned?
