



Tri-Village Sermon Discussion Questions

Topic: *It's OK to Not be OK*

Text: *Romans 7:14-20*

Service Date: April 12, 2026

Note: The questions are only a starting point for discussion. Don't hesitate to modify, adapt, or highlight only specific ones to fit your group and/or personal study.

Getting Started

- As we begin this series titled “Weeds in My Garden”, do you consider yourself to have a “green thumb”? What’s your favorite thing to grow?
 - We talked a lot about the brain on Sunday. What’s your proudest academic achievement?
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Sermon Discussion

- Read Romans 7:14-20 together. What do you find comforting about Paul admitting his struggle?
- Why do you think Christians sometimes feel pressure to appear “okay” even when they are not?
- How can honesty about struggles strengthen faith and community? What keeps us from being open about our struggles?
- How have life circumstances affected your emotional or spiritual health in the past?
- Why do we sometimes feel guilty for struggling when life gets hard?
- Why is it important to recognize that some struggles are physical or medical, not just spiritual?
- How can the church become a safer place for conversations about mental health?
- What happens when we suppress emotions instead of expressing them? What healthy ways can we express emotions to God?
- What role does the hiding of sin play in the struggles that we face? How can we free ourselves from that bondage?
- Weeds can crop up in our garden even when we are praying and reading God’s Word daily. Though these disciplines will not prevent the weeds from growing, what role can they play in removing the weeds?

- What negative thought patterns do people commonly battle? Why is it powerful to name negative thoughts instead of ignoring them?
 - Read Philippians 4:8 together. How can focusing on what is true, noble, and praiseworthy help us to clear the weeds in our garden?
 - How does busyness affect mental and spiritual health? What would a healthy rhythm of work and rest look like in your current season?
 - Why do people tend to isolate when they struggle? How can community help pull weeds out faster?
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This Week's Action Response

- Struggles are promised in this life. When we see the weeds in our garden, it's important to take action before they overwhelm the good growth. This week, determine a course of action and start to clear the weeds that are forming in your garden. Name your negativity, restore your rhythms, and place yourself with people who can understand. Whatever struggle you are facing, take heart for Jesus has overcome the world!

Help Make a Difference

- Looking for ways that your group can serve together? On May 29 and 30, we are in need of 80-120 volunteers for our Help Build Hope Home Build Project in partnership with Crossroads Mission. This is a perfect opportunity for groups and families to serve together. For more information and to register, please visit tri-village.org/homebuild.
- Speaking of ways your group can serve together, your group could volunteer together at the Fostering Further Car Show on May 9! For more details and to register please contact Brian Dillon.