



DISCUSSION QUESTIONS

The Opportunity of Adversity

We continued our sermon series this week on overcoming adversity. We started by discussing the importance of developing skills to handle difficult times.

- We referenced this verse, **Ecclesiastes 10:10: "Using a dull ax requires great strength, so sharpen the blade." Gaining skills leads to success.**
 - Each member of the group, please share any adversity you are experiencing personally. Also, identify some of the skills needed to navigate tough times and adversity. Finally, discuss how you think these skills can be developed.
- Take a moment to read **1 Samuel 1:1-20** aloud. Discuss these questions together:
 - What stands out to you from this scripture?
 - What do you think God is trying to communicate to you through it?
- In this scripture, Hannah responds to the adversity in her life by "pouring out her soul to God."
 - What do you think it means to pour out your soul to God?

In the sermon, I explained that to pour out your soul to God means releasing all your pain and everything you're experiencing to God. Share a time when, during a season of hardship, you poured out your soul to God.

- Instead of pouring out your soul to God, you might:
 - First, deny it and suppress your feelings.
 - Second, allow frustration from adversity to build up into anger and explode on innocent family members, coworkers, and bystanders.
 - Third, seek to numb it, dulling the stress and frustration of adversity.
- Of the options listed, which are you most likely to choose if you don't pour out your soul to God?

- In the sermon, we discussed three things found in **1 Samuel 1:1-20** that reveal how we should pour out our souls to God.
 - We pour out our souls by acknowledging our pain, praying from the depths of our hearts, and eventually transitioning to thanksgiving and worship. Process this as a group.