

HOW TO GET YOUR

Life

BACK

WEEK ONE | *How is Your Soul Doing?*



Discussion Questions

1. How has being exposed to the information overload and the suffering of the world impacted your soul?
2. What was the experience of the One Minute Pause like for you? Was it difficult to not try to be productive during that time—or easy to simply let your soul breathe?
3. What does 1 Peter 5 say we should do with our worries and cares? How good are you at practicing this?
4. Benevolent Detachment involves learning to release everyone and everything to God. What are the hardest things for you to release to God? Why?

