





# IT'S OK TO NOT BE OK

1 KINGS 19:1-9; ECCLESIASTES 4:9-10;  
MARK 12:31; HEBREWS 2:17-18; 4:15

## QUESTIONS TO CONSIDER:

1. What was your takeaway from the message and why? Was there anything that surprised you?
2. Read 1 Kings 19:1-9. What does this passage say about God? What does this passage say about us?
3. Which of the 4 points Pastor Jason mentioned best reflects where you are today? Why?
  - YOU DON'T HAVE TO BE BIG OR BEAUTIFUL TO BRING RELIEF, YOU JUST HAVE TO BE PRESENT
  - THRIVE WHERE YOU'RE PLANTED
  - A LITTLE SHADE CAN BRING RELIEF TO SOMEONE SCORCHED BY DIFFICULTY
  - A LITTLE RELIEF CAN BE ENOUGH TO GET YOU TO THE NEXT STEP
4. Read Ecclesiastes 4:9-10. How has the community you are in impacted your life and mental health? Share about a time in your life when you didn't have a community to fall back on? Have you ever withheld community from someone because you were afraid to get involved? If so, what impact did it have on them and on you?
5. Read Mark 12:31. How do we underestimate the power of this verse? How do we under deliver it in life? How important is this principle to God? This is in the top two commandments as indicated by Jesus. Where do you think they rank in your life? Why?
6. Read Hebrews 2:17-18 and Hebrews 4:15. Why are these verses important to remember? If we really lived like we believed these verses, what impact would they have on how we view God and pray?
7. Who do I need to share this with or invite to join me on this journey?



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