

2.12.20 Testimony - Tara Felix

Breakout Discussion Questions

Reflection

Hopefully your students had a chance to write down their “threads” - those things that they need to surrender to God. Examples may be:

- Past hurts
- Feelings of worthlessness
- Feelings of being unlovable
- Abuse
- Parent divorce
- Debilitating anxiety

When you come together as a group, allow people to share anything that they wrote down, if they are willing. There is no pressure at all in sharing, but if students do share, please overly encourage them and build them up for being vulnerable enough to share.

Questions (Don't feel you need to get through all of these. Use these as a guide and let the Spirit lead your conversations!)

1. What spoke to you from Tara's testimony? Why?
2. How did her story change your perspective on self-harm?
3. Why do you think it's important to “pull the threads”? (Why is it important to dive at the why behind your pain, and not just deal with the negative behaviors?)
4. What scares you about sharing your “threads”/pain?
5. Is it hard for you to talk to God about your pain? Why/Why not?
6. Who do you have that you can talk to about your struggles?

Dig Deeper

Read John 11:17-36, where Mary and Martha are grieving the loss of their brother. Observe Jesus' response to both Mary and Martha.

1. What does Jesus' response look like?
2. Why do you think Jesus wept?
3. How does this change your perspective of Jesus in the middle of your own suffering?