

# MESSAGE DISCUSSION QUESTIONS

FEB 28, 2021 // BREATHING UNDERWATER



## SHARE YOUR STORY

Senior Pastor Marty Grubbs wrapped up our *Breathing Underwater* series and introduced us to Kary and Bryan who found healing through the 12-step program in LifeCare at Crossings Edmond. Kary and Bryan, from a place of humility and vulnerability, shared their story of how addiction and secrets ended up tearing their family down and almost destroying it. Finding themselves at a bottom that was deeper than they knew could exist, they began a journey of rebuilding a different and healthy life together. They started the 12-step program and over the past year and a half, they have constructed a strong foundation, rooted on the truths of Jesus and his promises. Their new business focuses on developing physical health, but through sharing their story, also encourages and fosters spiritual health. They took their secrets, revealed them and repented from them, sought power from God to take one step after another, to a place where they can now help bring healing to others.

Step 12: Having had a spiritual awakening as the result of these steps, we tried to carry this message to others\*, and to practice these principles in all our affairs."

\*edited: from *Alcoholics to Others*

## SCRIPTURES:

*Now I am glad I sent it, not because it hurt you, but because the pain caused you to repent and change your ways. It was the kind of sorrow God wants his people to have, so you were not harmed by us in any way. For the kind of sorrow God wants us to experience leads us away from sin and results in salvation. There's no regret for that kind of sorrow. But worldly sorrow, which lacks repentance, results in spiritual death.*

– 2 Corinthians 7:9-10 NLT

*Instead, you must worship Christ as Lord of your life. And if someone asks about your hope as a believer, always be ready to explain it. But do this in a gentle and respectful way.* – 1 Peter 3:15-16a NLT

## DISCUSSION QUESTIONS

1. What stood out to you from Marty's message?
2. Looking back over the series, were there any "aha" moments, or something you've changed about your lifestyle because of the messages and discussions?
3. Read 2 Corinthians 7:9-10. What does Paul mean when he talks about the kind of sorrow God wants his people to have?
4. Have you considered before that God wants his people to have sorrow?
5. Read 1 Peter 3:15-16a. One of life's biggest questions is, "Why do bad things happen to good people?" How does this passage help answer that question to help you move forward in hard times?

6. How can we pray for you?

## **PRAYER**

Thank God for a proven way to find healing and new beginnings no matter where you are. Ask God for an accountability partner, or a group, if you need to move into stepping through a new and healthy lifestyle. Open your heart to the Lord. Ask him to reveal secrets you have hidden into the darkness of your soul, even those you haven't thought about for a while. Commit to pursuing and receiving the necessary help.

LifeCare ministry is available on both Crossings campuses. We also have pastors to talk to about issues this series may have brought up. Don't suffer in silence. (Learn more about care and support opportunities at [crossings.church/care-support](https://crossings.church/care-support).)