

{Un}Slumping

Experiencing Joy in Every Season of Life



Small Group Discussion Guide

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ABOUT THE AUTHOR



Dr. Craig Hamlin

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Find out more <http://journeyintheword.com/>

Chapter One

You are Not Alone

1. Describe a time when you experienced a slump. What were you going through?
2. Why do we feel all alone when faced with personal struggles?
3. The author named several people in the Bible who went through moments of extreme trial. Which character did you identify with the most? Why?
4. Knowing you are not alone; how can that make a difference in how you face slumps in life?

Chapter Two

Someone is in Your Corner

1. Why do you think people resist the help of others when they going through a slump?
2. When have you been in a tough situation and felt God was not there for you?
3. How has God showed up in your corner even though you did not feel His presence?
4. The author listed several bible passages in this chapter. Which one made a significant impression?

Chapter Three

Living in a Slumpy World

1. How would you describe the cultural and societal changes during your lifetime?
2. Why do we find it easier to complain about things we don't like about our world?
3. Knowing that the world around you is less than ideal, how can you make a positive impact?
4. Describe what it means to bloom where you are planted (c.f Jeremiah 29).

Chapter Four

Lies We Believe

1. What are your biggest takeaways from this chapter?
2. What does it mean to believe lies?
3. How does our common enemy attack our minds?
4. What does the voice of truth reveal how we should see ourselves in light of God's forgiveness and grace?

Chapter Five

Lessons We Fail to Learn

1. What are the biggest takeaways from this chapter?
2. What is a lesson you should have learned but didn't?
3. Which one of the three questions has influenced your thinking the most? Why?
4. Which one of the lessons the author lists in this chapter challenges you the most? Why?

Chapter Six

Focus on the Heart of God

1. What are your biggest takeaways from this chapter?
2. What is it about the heart of God that provides you with so much comfort in moments of deep discouragement and keeps you from despair?
3. How can focusing on the heart of God give you a different perspective while in a slump?
4. The author mentioned serving as a way to align with the heart of God. How does serving others lift your spirits and help you experience joy in every season of life?

Chapter Seven

Find the Right People

1. What are your biggest takeaways from this chapter?
2. What is the Pull and Tug that can keep you from hearing the right voice in our culture?
3. Where are some areas in your life that serve as distractions?
4. Who are some people who can confide in now for accountability? Are you consulting them?
If not, do you have a plan that allows them space to speak into your life?

Chapter Eight

Forget Not!

1. What are your biggest takeaways from this chapter?
2. What do you tend to forget the most?
3. Why do people struggle to remember the goodness of God when they face moments of crisis?
4. Why would memorizing Scripture be a good strategy for times when you have forgotten the promises of the Lord?

Chapter Nine

God Forgives You

1. What are your biggest takeaways from this chapter?
2. How have you understood forgiveness in the past? Does it fit within the biblical framework of forgiveness?
3. Why does an unwillingness to forgive steal your joy in life? Why does God's forgiveness position you for experiencing true joy and freedom?
4. Do you need to seek someone's forgiveness, forgive someone who has wronged you or forgive yourself? If yes, what is your strategy?

Chapter Ten

God Heals You

1. What are your biggest takeaways from this chapter?
2. Why do Christians struggle with the idea of suffering?
3. How can we best deal with healing that does not occur in our time or the way we desired?
4. What is God's ultimate healing for our lives and in eternity? How does this impact the way you live each day?

Chapter Eleven

God Redeems You

1. What are your biggest takeaways from this chapter?
2. What does it mean to be redeemed?
3. How does God's redemption create a deeper sense of joy in the moments of deepest trouble?
4. Thune wrote: "We forgot that the gospel doesn't just change eternal destinies; it changes everything. The gospel transforms societies, renews families, and heals relationships." How does God's redemption transform society, families and relationships?

Chapter Twelve

God Crowns You

1. What are your biggest takeaways from this chapter?
2. What did David mean by “crowns” you? What do crowns signify for the identity of Christians?
3. “Being crowned with God’s lovingkindness and mercy is not all about what we receive from God but what we can give from God to others.” How does that motivate you to serve others?
4. In what ways will you exhibit lovingkindness and tender mercies to others this week?

Chapter Thirteen

God Satisfies You

1. What are your biggest takeaways from this chapter?
2. Why do so many people feel dissatisfied these days? What do you think are the roots of our dissatisfaction?
3. Why does God satisfy every longing of the heart?
4. How can you share that satisfaction with someone this week?

Chapter Fourteen

God Renews You

1. What are your biggest takeaways from this chapter?
2. When did you go through a season where you felt completely exhausted with life? How did renewal come?
3. Proverbs 3:25-26 says, “Do not be afraid of sudden terror or the ruin of the wicked when it comes, for the Lord will be your confidence and keep your foot from being caught.” How could this verse strengthen you for challenges in the home and workplace?
4. How are you renewing your mind so that your thoughts are influenced by heaven and not this world?

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