

Study Guide

The following questions are designed to stimulate discussion. You may not wish to address every question but choose which questions you relate to.

Ice Breaker: What has been the most memorable part of your day, week, or month?

Part 1

- Describe the most significant setback or disappointment you have experienced.
- How did you deal with your disappointments? Was there a good support system around you?
- What lesson have you learned from that experience?
- How would you describe normal as it relates to your life today?
- How do you manage change? Do you feel you can control change?
- Discuss how Ecclesiastes 3:1-8 speaks to you.

Prayer Thoughts:

Dear God, help me to accept changes in my life. Give me the wisdom to know what, and how to let go of issues. Thank you that you never leave or forsake me. Amen.

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