

ICEBREAKER: Have you ever tried gymnastics? What were you good at? Or really bad at?

GETTING REAL: Christine shared about being diagnosed with Parkinsons in her 30's. Have you had to deal with a significant health issue? Is there anything you're afraid of as you get older?

BIBLE: Read 2 Corinthians 12:8-10. Our natural instinct is to avoid weakness and hardships, but Paul says he delights in them! How can faith in God transform our perspective on suffering?

APPLICATION: What weakness or hardship are you currently experiencing that God might want to display his power in?

PRAYER: Ask God to lead you from fear to trust.

“PARADIGMS”

