

Discussion Questions

1. How have personal struggles in your life shaped your character—for better or worse? Reflect on a time when hardship either refined you or revealed something within you that needed growth.
2. What does it look like to “deny yourself and take up your cross daily” in practical, everyday life? (Luke 9:23) How can this discipline form Christlike character in us?
3. Why is being available to the process of struggle essential for discovering your purpose? Can we truly fulfill our God-given purpose without embracing pain or difficulty?
4. Jesus expressed deep sorrow in Mark 14:34—how does acknowledging emotional pain help us in the character-building process? Is there value in being vulnerable with God and others during seasons of suffering?
5. What does “restful surrender” look like in your life right now? How can surrendering your own will (Mark 14:36c) lead to spiritual maturity and stronger character?
6. In what ways does God use struggle to build intimacy and trust between us and Him? (Abba, Father – Mark 14:36a) How has your relationship with God deepened through hardship?