



### **Part 1 – Strength and Power**

If you're feeling a little bit worn down, you're not alone. We're walking through a challenging time that can be physically, emotionally, and spiritually exhausting. Now is the time to draw on the powerful resources that God has given us!

**Scripture:** Colossians 1:9-14, 1:3-6

### **Discussion Questions**

*We hope this series will help you to find some resources to be encouraged and strengthened.*

1. Have you had moments, days, seasons where you have felt worn out, discouraged, or burnt out? What lead to those feelings? Have you felt that way at all through the last 7 months? What are some of the specific things that really 'get to you'?
2. Read Colossians 1:3-14. Verses 9-12 are descriptions of the prayers that Paul is praying for a church in Colossae. What stands out to you about these verses as significant?
3. Compare the 'domain of darkness' and the 'kingdom of his beloved son.' What do you think are some of the characteristics of each?
4. Three elements that Paul observes as crucial for growing in the gospel are faith, hope and love. How would you define each of these? What kinds of things tend to diminish our faith, hope and/or love? What are some ways that we can strengthen each of these in our lives?

### **Moving Forward**

Perhaps many of us are feeling worn out or discouraged. Share with one another how you are doing, what might be weighing on you. Encourage one another and pray for each other.