



## **Part 2 – Holding It Together**

Do you ever feel like things are falling apart and you just need to hold it together? It's easy to feel stuck, discouraged, or exhausted in those times, so we need to learn how hope can lead us through to new beginnings!

**Scripture:** Colossians 1:15-20

### **Discussion Questions**

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

1. Do you ever feel like there are areas of your life where you are 'just trying to hold it together'? When you get stressed, feel stuck or discouraged what emotions do you usually experience (ex: anxiety, anger, frustration, sadness)? What are some of the ways you try to cope with those feelings and experiences? Which ways are helpful and which ones don't help?
2. Read Colossians 1:15-20. Take each sentence on its own. What do you learn in each one. Share you observations and questions about the passage.
3. At the centre of this poem, it says that in him (Christ) all things hold together. It is a great reminder that our situations are not permanent, but Christ is. Have you ever experienced a time when you felt like your crisis would never end? How can we remind ourselves and others that God always has new beginnings for us?
4. Ultimately, Jesus shows us that love is what binds us together. When we look for signs of love in our lives, it helps us to know where God is working and how we can partner with Him. For example - forgiveness, honesty, patience, peace (and many others) can all be expressions of love. Think about where you are seeing God's love working in your life. How can you foster those signs of new life to help you grow, even when your circumstances are tough?

### **Moving Forward**

Pray for one another. Feel free to share your current struggles and encourage one another.