STAND AT THE CROSSROADS

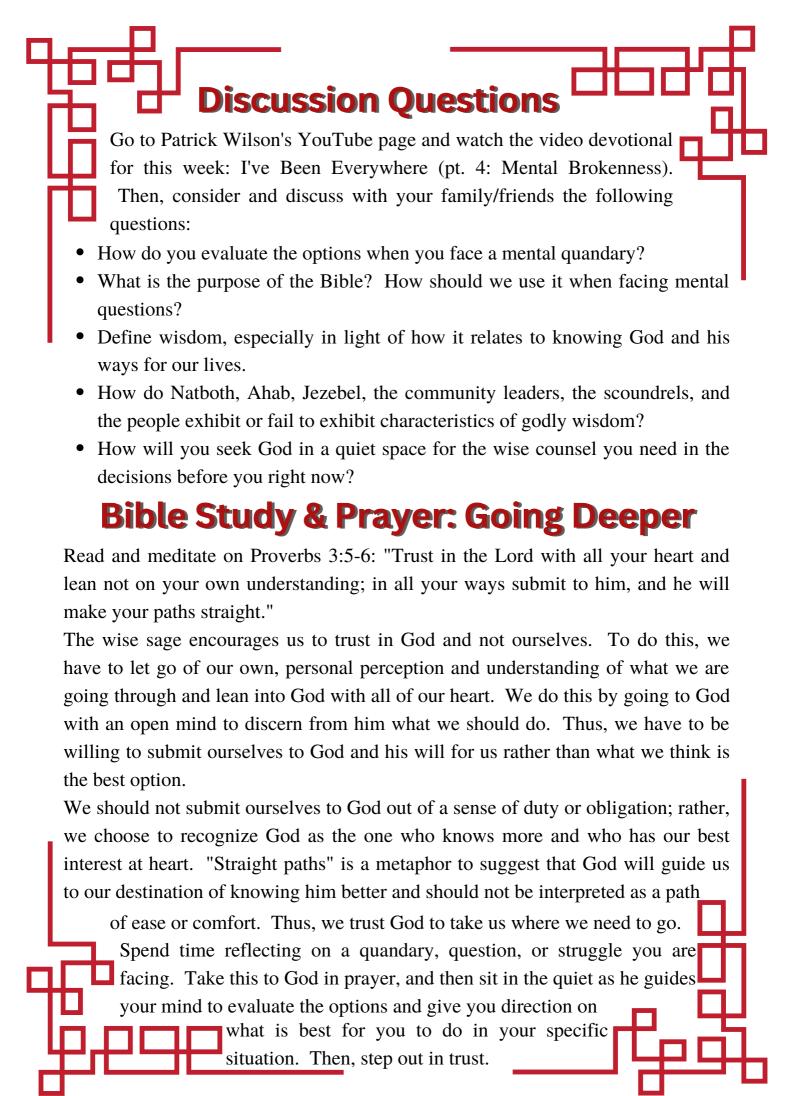
Week 6: February 5-11, 2023

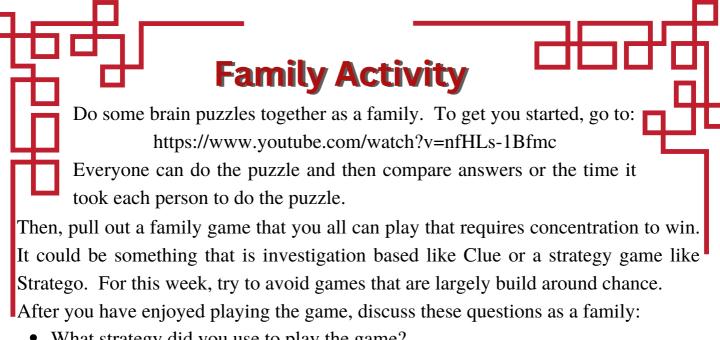
I've Been Everywhere (pt. 4: Mental Brokenness)

This year, we are focusing on how life brings us to "crossroads." These crossroads bring spiritual, emotional, mental, physical, and social challenges. Which way should we go? What should we do? Such questions leave us in great uncertainty on what is best for us and those we love. We are going to journey in 2023 through various sermon series on Bible passages where the characters in the story come to different types of crossroads. Here, we will find ourselves evaluating the options before them and before us. We will also explore how we can help others at pivotal times in their journeys, supporting them as they seek faith and meaning in the decisions and circumstances they face.

In this packet, you will find a few additional resources that will help you to further evaluate how to process the crossroads in your life, your family, and your faith community. These extra activities are not meant to be a spiritual formality on your weekly to do list. Rather, they are optional ways that you can consider as you walk through life. Only do what is helpful to you as you walk with Jesus each week. I'll meet you at the crossroads.







- What strategy did you use to play the game?
- How did this strategy work for you?
- If you could go back and change your strategy, what would you do differently?
- How do you anticipate that a different strategy might have impacted the game?

Connecting with Others

Consider finding a life coach to help you process a decision that you need to make. A life coach is a wellness professional that seeks to assist individuals in their progress towards greater fulfillment in life. In coaching, the coach and the client form a partnership where the coach facilitates a thought-provoking and creative process that inspires the client to maximize personal and professional potential. It is designed to facilitate the creation/development of personal, professional or ministerial goals and to develop and carry out a strategy/plan for achieving those goals.

Whether you seek out a personal friend, a mentor, a pastor, or a professional coach, having someone to walk with you through the decision making process can be helpful to identify the pros and cons of the available options. In addition, by praying and consulting God's direction, you can establish how you believe it best to proceed. If you have clarity on what you should do, talking to someone about it can give you additional encouragement and confidence to proceed. Life coaching sessions can be done in a single visit or periodically to aid the client as needed. For more information about the standards of coaching, go to the International Coaching Federation website:

https://coachingfederation.org/