



Talk It Over Guide

When Things Go Back to Normal



²⁴ Then Jesus said to his disciples, “If any of you wants to be my follower, you must give up your own way, take up your cross, and follow me. ²⁵ If you try to hang on to your life, you will lose it. But if you give up your life for my sake, you will save it.

Matthew 16:24-25

Start Talking:

- What is something about you that’s not normal?

Start Sharing

- What is something you’ve discovered since the shutdown that you’ve enjoyed? (*i.e. Netflix show, a book, ways to connect with people, insight from God?*) What is the thing you have missed the most?
- Which parts of your “normal life” do you most want to get back to? Share why.
- What is God teaching you to appreciate in this season?

Read – Exodus 14:10-16

- When we are afraid, we reach for what’s familiar. For the ancient Hebrews that meant they wanted to reach back to slavery in Egypt. How have you been experiencing fear? What familiar things have you been reaching for?
- “Do I want to get back to a way of life that God wants me to get away from?” How would you respond to that question? Are there things that you are holding onto but God wants you to let go of?
- Jesus said, “if you try to hang onto your life, you will lose it. But if you give up your life for my sake, you will save it” (Mt. 16:25). What would it look like for you to give up “normal” for the sake of Jesus?

Start Doing:

- How can you listen to God this week to discover the way of life that he wants you to embrace?

For more on “when things go back to normal”, read this [Daily Quiet Time](#) guide. Share this with your group so that you all can grow with God in alignment.

Don't let the conversation stop. Keep talking it over with others in a GROUP.
Don't have a group? Check out brevardcommunity.org/groups for new Online Groups!