



## Sermon Discussion Questions

### "Building Margin into Your Life" From Exhaustion to Equilibrium

2 Corinthians 1:8-11

June 19, 2016

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Opener:

When faced with a stressful or frustrating situation at work or at home, what's the first thing you do to calm down?

Questions:

1. In verses 8 and 9, what image does Paul paint of their present situation?
2. What could be the events Paul is pertaining to? You can browse Acts 13-19 and 2 Corinthians 7.
3. In verses 9 and 10, how does Paul respond to his situation?
4. Why does Paul start verse 8 by saying that he wants the church in Corinth to be informed of their struggle? What's the significance of this given the preceding verses?
5. Leading on from the previous question, the passage for this Sunday is bookended by a portrait of community. What is the importance of community in situations like this?

Application:

6. What are your present struggles that are "far beyond" your "ability to bear," such that it may even come to a point where you "despair of life itself?" (v. 9)
7. Do your present struggles tend to draw you deeper into God's presence, or drive you further away?
8. How can your group help each other to grow deeper even in the midst of trial?
9. Spend some time in prayer. Group members may mention in brief any area of concern in life. Consider now how you may help and encourage each other, as portrayed in verse 11, as well as Hebrews 10:24-25.

\*These questions were adapted from *The NIV Quiet Time Bible* (InterVarsity, 1996), *The Serendipity Bible for Groups* (Zondervan, 1998), and *The NIV Life Application Study Bible* (Zondervan, 2011).