



1. How can you relate to the illustration of a pile of garbage being dumped on your life?
2. Are you struggling to see progress or move forward during this season? In what area of your life do you feel most frustrated?
3. Have you ever posted something on social media and been overwhelmed or blindsided by all the negative comments? Explain.
4. Why is social media not the best place to seek godly advice or wisdom?
5. How does the culture of this world resemble what is described in Ephesians 2:1-3?
6. Why does following the course of this world bring more division and heartache? Do you have any examples of this?
7. According to Ephesians 2:4-7, what has God done for us?
8. In your own words, what does “immeasurable” mean? If God’s kindness towards us is immeasurable, what does that tell us about His character?
9. Why do we need to cling to God’s Word during a tough season like this? How have you seen God work in your life as a result of trusting in His Word?
10. What’s the difference between God’s Word and the garbage of this world? How can you distinguish God’s voice from the rest of the noise?
11. How are you engaging in the good works God created you to do?
12. What does it look like to be a vessel of God’s peace and love in the midst of our chaotic world?