



Challenge Accepted - Discussion Questions
"Choosing Hard" // Joel Thomas

1. Can you think of a time when you or those around you felt overwhelmed, even though the same situation might have felt easier in previous years?
2. What is the difference between "feeling" joy regarding a trial you're experiencing and "considering it" joyfully?
3. How does one strengthen their Anterior Mid-Cingulate Cortex? What is the benefit of having a larger, stronger AMCC?
4. Describe a time when a tension point in your life became the focal point of God's activity. Did it lead to a "persevering faith"?
5. Have you ever felt like you were being hammered, only to realize in hindsight that you were actually being formed? Share your experience.
6. Have you ever asked for wisdom rather than relief? If so, what happened? If not, how could things have been different if you had?

If you are in the middle of a challenging season or a difficult circumstance and would like our staff and volunteers to pray for you, go to buckheadchurch.org/prayer.