

CREW Bible Study Discussion Questions

Youth XP3 Message – How to Cope

- **BOTTOM LINE:** You have to feel to move forward.
- **GOAL:** To help students think critically about how they are coping, and whether or not it is helping or hurting them.
- **SCRIPTURE:** *The thought of my suffering and homelessness is bitter beyond words. I will never forget this awful time, as I grieve over my loss. Yet I still dare to hope when I remember this: The faithful love of the Lord never ends! His mercies never cease. Great is his faithfulness; his mercies begin afresh each morning. – Lamentations 3:19-23*

FAMILY DISCUSSION QUESTIONS:

1. Have you ever been to an Escape Room? Describe your experience.
2. What's the worst physical pain you have ever experienced? How did you cope with it?
3. What are some ways that teenagers deal with painful emotions?
4. Do you believe that people in general tend to numb emotional pain as much as they numb physical pain?
5. What feelings or emotions are you most likely to hide? Are there certain people you hide them from?
6. Everybody has healthy and unhealthy ways of coping with what happens in life. How can someone know if their way of coping is good for them or not?
7. Read Lamentations 3:19-23. How would you define the word *lament*?
8. Sometimes we compartmentalize our emotions because we don't feel it's the appropriate time to deal with them. Can you describe an experience where this was true for you?
9. All of us have a tendency to either stay stuck in lament or skip past it completely. Which is more likely for you?
10. Why does it take courage to believe there is hope for things to get better?
11. Who can you talk honestly to about your feelings?