

### **No-win Situations - Genesis 16:1-15**

1. What feelings do I experience as I acknowledge people in my life who have power (such as supervisors, spouse, religious leaders, and sponsors)?
2. What do I try to escape from? What do I feel trapped by?
3. How do I escape my feelings, such as anger, stress, boredom, fatigue, or loneliness?
4. When things do not go my way, or when I am in a no-win situation, what is my reaction (with relationships, work, promotions, kids who question or rebel, traffic, drivers in front of me, people talking on cell phones in public places, financial difficulties, people who hurt or disappointment me, or God, who seems to be silent)?
5. If I could, how would I change my response?

### **Dangerous Self-Deception - Judges 16:1-31**

1. What is the longest time I have been able to stop addictive behaviors, destructive thought patterns, or using addictive substances?
2. What are some of the reasons I use for starting my behaviors, falling into depression/anxiety, or using substance abuse again?
3. What are the things I think I can control? How do I lie to myself, and about what?
4. What is so scary about telling the truth when I'm hurting?
5. As I explore powerlessness, what blind spots have I discovered?
6. What are the results of pride in my life?

### **A Humble Beginning - 2 Kings 5:1-15**

1. What is the difference between humiliation and humility in my life?
2. How do I regard myself as being a little more important than other people?
3. What makes me *think* I am in control of anything?
4. How do I try to influence or control God or his representatives?
5. When have I placed expectations on other people or God?
6. When have my attitudes shown that I believe I know better than God?
7. Why is it difficult for me to follow another's instructions?

### **Hope Amidst Suffering - Job 6:2-13**

1. What kind of people do I hang around with and trust - people who criticize, or people who encourage truth?
2. What emotions can I identify when I am at the bottom?
3. What have I done in the past to deal with pain or sadness?

### **Like Little Children - Mark 10:13-16**

1. What happened in the past that still provokes fear in me today? Fear of being known?  
Fear of being found out? Fear of not being enough?
2. When do I feel the most cared for?
3. What do I see in my life that reveals God's care for me?

**A Time to Choose - Acts 9:1-9**

1. When I continue to pursue my own agenda without asking God for direction, what happens in my life?
2. Are there areas of my life in which God may have to use extreme measures before I will listen for direction? Which areas?
3. What will it take for me to listen to God?

**The Paradox of Powerlessness - 2 Corinthians 4:7-10**

1. These are examples of when I have demonstrated acceptance of my own powerlessness and God's powerfulness:
2. How do I respond to trouble?
3. How do I respond to being perplexed?
4. What do I do when it seems that God or someone else has abandoned me?