

# *Tired of Trying* Discussion Questions

## Intro

1. How are you feeling toward God right now, and what circumstances or struggles are affecting your relationship with Him?
2. What things do you sense God inviting you to wrestle over? What emotions do you feel when you think of entering the battle? What, if anything, frightens you about the prospect of wrestling with God?
3. Has there been a time in the past when God brought you through a season of wrestling? What changes did you experience because of that?

## Chapter 1

1. What frustrations are you struggling with right now? What pain are you experiencing because of each frustration?
2. What misguided actions, if any, have you taken as a result of your frustration? What were the consequences of these actions?
3. How might reframing your frustration and pain have a purpose in your life?

## Chapter 2

1. In what ways has God hurt your feelings or disappointed you? Spend some time journaling and sitting with your questions and doubts—God isn't turned away by them. In fact, He is waiting for you to be honest about your struggles and enter the wrestle.
2. How does it make you feel to know that Jesus wrestled too, and He still got a no from God the Father?
3. This chapter outlined three tools to help you hold on to faith in the midst of the wrestle: let yourself feel, recognize your progress, and surround yourself with support. What is your response to these tools? Do you agree these might help you as you wrestle? In what ways might you make use of them?

## Chapter 3

1. Briefly recall the prayers you've prayed over the past week. On a scale of 1 to 10 (1 being completely *dishonest* and 10 being completely *honest*), how honest were your prayers? What, if anything, prevents you from being vulnerable with the God who already sees you and knows you better than you know yourself?
2. Why do you think God answered Jacob's prayer by wrestling with him?
3. What lies have you been believing about God? What might it mean for you to call them lies and take every thought captive to truth?

## Chapter 4

1. What unrealistic and unspoken expectations might you be putting on yourself? On others? In what ways do these expectations make you feel tired of trying?

2. As you reflect on the stories of Gideon, the widow of Zarephath, and Elijah, which one do you most resonate with, and why? What do you sense God might be inviting you to be honest about?
3. What do the stories of Gideon, the widow of Zarephath, and Elijah reveal about God's character and His care for His people?

#### Chapter 5

1. What do you think it means that the man (God) wrestling with Jacob "saw that he did not prevail" (Genesis 32:25)? What principles does that seem to communicate?
2. What do you sense God may be doing in your life to move you from self-reliance to God-reliance?
3. What lies are you tempted to believe right now? List three lies you believe and practice speaking truth or thought pattern interrupters over them. What do you hope might change if you lived like what God says about you is true?

#### Chapter 6

1. "The purpose of the wrestle was never punishment or the pain, fear, or confusion it brought. The point of the wrestle was to encounter the one who invited us to wrestle in the first place—the one who has been with us in it all along" (page 102). Have you found this to be true as you discovered God's purposes in your season of wrestling? In what ways have you experienced God more intimately in the midst of your pain?
2. What does it look like today for you to endure by faith and wrestle for the blessing? What is one small thing God might be asking you to do as a declaration that you believe His promises?

#### Chapter 7

1. Who do you believe you are, at the core? Who does God say you are? In what people, places, or activities (even serving God) have you sought to find your identity? Even if all these things were forever removed from your life, who does God say you are?
2. Are there particular places, people, or things in which you are misplacing your identity? What are the effects of this on your emotions and thoughts?
3. Scripture says confession and repentance lead to times of refreshing, deliverance, and proof of God's love—all things our souls desperately need. In what ways, if any, might God be inviting you to repent during your season of wrestling?

#### Chapter 8

1. What questions are you still asking God at this point in your wrestle?
2. What questions is God asking of you as you wrestle through your pain?
3. What true biblical identity do you sense God is calling you to walk in as a symbol of what you have overcome?

#### Chapter 9

1. Answer this question from the text: "What might choosing to trust God again require of you?" (page 148).

2. Try approaching your quiet time like the counselor Sarah encouraged: with hands open, simply receiving from God rather than performing for Him. What shifts in you when you approach intimacy with God in this way?
3. Identify something you're struggling with and try the concepts of reframing and rebuilding around that struggle. How might these practices help you trust God more?

#### Chapter 10

1. What are some changes God has made in you during the process of wrestling through your current struggle? How has wrestling with the questions in this book shifted your perspective?
2. What are some blessings and changes you are still wrestling God for?
3. What is your limp—the mark of victory and weakness that reminds you of the wrestle you've been through? In what ways is it a blessing? How might it help you depend on God and tell others about His love?

#### Chapter 11

1. What are some reasons to keep trying even when you're tired? What might it look like in your life to keep moving forward the next time you're tired of trying?
2. What blessings have you begun to recognize as a result of your wrestle?
3. Who do you think might benefit from hearing your wrestling story? How might you go about telling it?