

SMALL GROUP

Who wants to share what they wrote in their journal?

Let me ask you all something, when you feel overwhelmed and are afraid you won't be able to handle what life throws at you. Do you ever say yourself, I survived that experience and it's can't be much worse than that?

Do you think you could have gone through life without having this experience?

Did you learn something from this experience?

Did things get better?

What are you struggling to get through right now?