

# Life means more.

SPIRITUAL FRIENDSHIP FOCUS

## Discussion Questions for Session 2: Yourself

1. **what are some of the patterns in your life that you've wondered about it (good or bad)? Where did they come from?**  
**\*pattern=recurrent way of acting in a given situation**
2. **Do some of your patterns need to be changed? How do we decide whether a pattern is healthy or not?**
3. **Can you carve out some time each day or week for personal prayer and reflection? When would it be? If you're married, how would you convey your need for contemplation and quiet to your spouse?**
4. **Have you felt too damaged to BE a good friend? Were you able to figure a way to move forward?**
5. **Is there someone in your life who knows you well enough to say hard things to you, lovingly?**
6. **How do you know if it would be helpful to seek a good counsellor if a pattern is proving too hard to break?**
7. **Do any characters in scripture who needed to make some real changes come to mind?**