



HIGHLANDS

HOW LOW POINTS BECOME HIGH PEAKS

3.4.24 • Craig Rees and Mike McKay • The Hike of Life: Finding Strength When the Path Gets Steep

Bottom Line

Contrary to the adage that what goes up must come down, for John, what goes down will come up!

Key Verses

John 19:1-5

Romans 4:25

Psalms 37:7-9

Discussion Questions

1. Have you ever experienced a period in your life that felt like a low point, and how did you navigate through it? What did you learn?
2. How do you typically respond when faced with situations where you feel wronged or treated unjustly? If you're in a leadership role, have you faced situations where criticism or challenges felt overwhelming, and how did you handle them?
3. What personal traits do you think contribute to resilience, and how can you nurture these traits over time?
4. In what ways do you intentionally bring God into your struggles to develop resilience?
5. Share a time when you faced opposition or criticism and how it affected you. Share personal experiences or examples of how you or others have dealt with the emotional distress of feeling wronged.
6. How do you handle situations where you feel you're right but have to wait for vindication? What helps you remain patient?
7. Reflect on the idea that good things in life come with a cost. Can you think of examples in your own life where you had to pay a price for something valuable? What or who determined the value?
8. How do you strike a balance between staying silent and taking action in response to injustice?
9. How can the lessons from Jesus's resilience and victory be practically applied to your own life's challenges and setbacks?

Notes
