



We are answering based on our understanding of God as He reveals Himself to us through His Word. We aren't trying to position ourselves as the source of answers. God has the answers. They're in the Bible, and He wants us to know Him more than we want to know Him (Psalm 19:1-4).

“For everything that was written in the past was written to teach us, so that through the endurance taught in the Scriptures and the encouragement they provide we might have hope. ⁵ May the God who gives endurance and encouragement give you the same attitude of mind toward each other that Christ Jesus had, ⁶ so that with one mind and one voice you may glorify the God and Father of our Lord Jesus Christ.” (Romans 15:4-6)

Our answers are short summaries and most of the time will fail to cover the depth or nuance the issue in the question requires. But if the answer makes you ask another question, then submit another question. We're here to help you connect with God.

As always, questions should be reserved for biblical/spiritual issues. We aren't going to help you with your homework or your natural curiosity about baking.

QUESTIONS FROM 10/9/24

1. Kyle, can I take a nap?

Yes. Psalm 62:1 – “My soul finds rest in God alone.”

2. (and #7) What is your favorite Bible verse?

I have three – Personal – Jeremiah 12:5 ““If you have raced with men on foot and they have worn you out, how can you compete with horses?”

Missionally – John 10:10 “the thief comes only to steal, kill, and destroy, but I have come that you may have life and have it to the full.”

Ministry – 3 John 4 “I have no greater joy than to hear that my children are walking in the truth.”

3. How do I stay patient in waiting for God's plan for me?

First, be honest in the process. Waiting is hard, frustrating, even agonizing. It's okay to talk to God about the challenges of waiting on his timing. Many of the Psalms do this, and they tell us it's a part of the human experience. You're not alone. Psalm 40 is a great example of honest dialogue with God.

Second, recognize that our frustration should not lead us to disobedience. God's timing is perfect (Galatians 4:4), and despite our frustration, we should continue to wait. We have the limited perspective of our two eyes, but God has all perspectives.

Third, I encourage you to talk with God about his plan for you. Christianity is about having a relationship with Jesus. We're supposed to talk and listen. In my own experience, I've found that He has "withheld" his plan for me because He wants me to grow in some area of my faith. So, a question to ask is, "God, what lessons do I need to learn during this season of my life?"

4. How do you know it's the Holy Spirit speaking and not just your own conscience?

Your conscience can be fallible (and often deceptive, Jeremiah 17:9) and its standards can change. The Holy Spirit is always in perfect harmony with God. (Many verses support this but let's keep it simple—2 Corinthians 3:17-18.) Whatever your thought, hold it up to God's standards and character in Scripture.

My student minister once explained it to me in this way—God isn't forceful, but He is persistent. Many times the Spirit will ask you to do something that, because it's hard or awkward or uncomfortable, you'll want to find a way to explain the thought away, but it will unmistakably be the Lord speaking.

5. Who is better at Ping Pong between Kyle and Traci?

When we answered this on Wednesday night, we both said the other person would be better. There is no way to answer this question, so I guess we'll never know.

6. What would you say to someone dealing with PTSD?

PTSD is a technical diagnosis from someone who has experienced some type of trauma or threat of trauma and symptoms have persisted for over a month. I'm going to assume since the person has the professional diagnosis of PTSD that they are under the care of a licensed specialist. If not, please get help. Victims require individualized treatment. Example: Those with combat-related PTSD, it is preferable to receive help from someone experienced in treating combat-specific PTSD. If you don't know who to contact, reach out to Kyle or Traci.

That said, the treatment process for PTSD should involve a combination of physical, mental, and spiritual healing. I don't have the expertise to speak into the first two aspects, but I can help with the spiritual aspect. Regardless of the circumstances, there is hope. First and foremost, that hope comes from God.

In Psalm 61:2-3, David wrote, "From the ends of the earth I call to you, I call as my heart grows faint; lead me to the rock that is higher than I. For you have been my refuge, a strong tower against the foe." It is our responsibility to exercise faith in God, to stay in the Word, to cry out to God in prayer, and to maintain fellowship with other believers. We go to God in our distress and make use of the resources He provides.

Those who suffer from PTSD from any experience should recognize that treatment will take time, and that is okay. Some have compared this to Paul's "thorn in the flesh" (2 Corinthians

12:7-10). God does offer healing but in the way and the timing He sees fit. In the meantime, He gives sufficient grace and mercy to endure under hardships. Hebrews 4:16. Thorns are painful, and PTSD is certainly a big thorn. But we can continue to go to God and remind ourselves of His faithfulness Lamentations 3; 1 Corinthians 1:4-9.

8. Could you explain saved by grace, kept by grace?

Ephesians 2:8-9 tells us that we are saved by the grace of God, not by our own goodness. In Galatians 2:21, Paul tells us that if Christians could earn their way to heaven, then Jesus didn't need to die at all. Grace is unearned favor or getting what you don't deserve. We get God's saving grace because He loves us in spite of our sin (Romans 5:8).

Kept by grace—we can't earn salvation and a place at God's table. In the same way, we can't "perform" in such a way as to keep ourselves there. Our enduring faith is a gift from God (Galatians 5:23) that nothing in all Creation can take from us (Romans 8:38-39), and that includes our own sin. There is no condemnation for those who are in Christ (Romans 8:1). In John 10:27-28, Jesus speaks as a shepherd to His followers, and He says "I give unto them eternal life and they shall never perish, and no one shall snatch them out of My hand."

9. Explain toxic friendships and how to handle them.

Toxic friendship is a broad category that we could spend a lot of time on (sermon series?). Overall, it's a relationship that consistently negatively impacts your emotional and mental health. Every relationship will have its ups and downs, but toxic ones consistently lack mutual respect, enjoyment or support. They may be defined by the presence of manipulation, unhealthy competition, or drama.

You don't have to let someone use or manipulate you. 1 Corinthians 15:33 says "Do not be misled: Bad company corrupts good character." A toxic relationship can hinder you from unlocking your full potential for the Kingdom.

It's okay to set boundaries. Proverbs 25:17 says, "Seldom set foot in your neighbor's house – too much of you and they will hate you." There is a lot to be said about setting boundaries. You first must understand your own needs and values, and then you can define your personal limits and identify the behaviors of others that leave you drained.

Then you need to communicate your boundaries. Proverbs 12:18 says, "The words of the reckless pierce like swords, but the tongue of the wise brings healing." You must let people know where you stand to establish a healthier relationship. Be assertive and direct but not rude. Make it clear that certain behaviors are not acceptable.

If attempts to address the situation don't have positive results, consider creating more distance between you and the toxic friend. Proverbs 22:24-25 says, "Do not make friends with a hot-tempered person, do not associate with one easily angered, or you may learn their ways and get yourself ensnared." Proverbs 14:7 says, "Stay away from a fool, for you will not find knowledge on their lips."

10. What is one way that we can reach people in our schools?

11. How can I share the word of God in my school community?

The Kingdom of God isn't not advanced by a program. It's by God's people, relying on God's power, enacting God's plan.

- Pray. EM Bounds said, "Prayer makes the gospel go fast." Pray for salvation in your school and for boldness and obedience to share. Pray for God to send workers into the harvest. Pray for a God-given love for people (Matthew 9:38).
- Be able to share your faith story. Tell others what God has done in your life (1 Peter 3:15).
- Love God and His Word.
- Learn any method where you can share the gospel in 2 or 3 minutes (like 3 Circles).
- Pray. Do not sleep on this.

12. Do you think it's selfish as a believer to want God to come soon knowing there are unsaved people?

13. Do you think it's selfish or wrong as a believer to want God to come back?

Without knowing all the details of a person's heart, I couldn't judge their "selfishness." There is only one Judge. According to James 4:12, I do think it's reasonable that we will develop a longing for God as our faith matures. Paul describes this in 1 Corinthians 13—there will be a longing to not see God through a "dark glass," but to see Him face-to-face (1 Corinthians 13:12). When that day comes, all will be made right. The apostle John wrote the prayer of his longing for Jesus' return at the end of Revelation—Maranatha "come, Lord!" It expresses the hope of Jesus taking His followers to heaven. So, it's not "selfish" to want Jesus to come back. It would be wrong if that desire devolves into laziness and disobedience. Until He returns, we must labor in the harvest.

14. What is Ezekiel 23 about?

Prophetic books can be a little strange. It's not a genre of literature we read all the time. Through symbolic speeches, dramatic metaphors and allegories, God used the prophets to call His people to repentance and address idolatry and moral failures.

Ezekiel 23 is an extended metaphor that's often used in the Bible: unfaithfulness to God = prostitution / adultery. In the chapter, God compares the northern kingdom of Israel and the southern kingdom of Judah as two sisters. The chapter graphically depicts their sexual pursuits to bring to light the full horror of the people's disloyalty—the unfaithfulness of God's people is craven and sorrowful. Israel was the older sister for it broke away from Judah (1 Kings 12:16-19). The older was punished for her sins of idolatry by being overrun by Assyria and carried away captive (2 Kings 17:1-18). Instead of learning from Israel's punishment, Judah continued in her sins. Judah could not recognize God's judgment on her sister and therefore could not fear that same judgment on herself.

God's judgments on nations and individuals are meant to warn us of what can happen to us if we continue in sin. It is essential for people to look around and realize that the end of sin is destruction, misery, and ultimately death.

15. How do I explain to my friend exactly who God is?

This is a challenging question because God Himself is beyond comprehension or explanation. We are finite. Our thoughts are finite. But God is infinite. His ways are higher than our ways and His thoughts higher than our thoughts (Isaiah 55:9). Such a Being creates many questions for us:

- Does God exist?
- Who is God?
- Where is God?
- Is God real?
- Did God create everything?

Here is what we do know:

- God is knowable (Jeremiah 9:23-24).
- God is welcoming (Psalm 145:18).
- God is creative (Psalm 147:5, 121:1-2).
- God is forgiving (Romans 3:22-25).
- God is truth (Psalm 119:105, 130; John 14:6).
- God is able (Psalm 25:3).

You may not be able to explain God, but you can share the parts of God you do know with your friend.

16. What do I do when I'm in an argument?

Remember that we always represent Christ (2 Corinthians 5:20, Colossians 3:17) and His love. So, in your disagreement, strive to reflect the love of God. Love is patient, kind, not jealous or boastful. It is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices in the truth. It always protects, always trusts, always hopes, always perseveres. That's how you should be in an argument.

Remember, not all arguments are worth having—2 Timothy 2:23 tells us to avoid foolish and ignorant arguments that only start fights.

17. Recently gone through a breakup. What are some ways I can answer my friends' questions about it without bashing the person cuz the way it went down was bad.

It's mature of you to take the high road. 1 Corinthians 10:31 tells us whatever we do (even a breakup), do it for the glory of God. Love is always kind and never rude (1 Corinthians 13:4-6). To value the other person, despite how badly it ended, you could just deflect your friends' questions. Say something vague but truthful, "We had a disagreement we could not reconcile" or "It wasn't going to work." If they keep pressing, you can tell them the relationship did not work out and you would appreciate it if they would value your privacy.

18. How do you get people closer to Christ if they don't kinda take it seriously?

There are many reasons why someone might not take their faith seriously. Remember that you can't make anyone do anything. That is the Holy Spirit's role. What you can do is pray—so... 1) pray that God would work in their lives that they would realize the only solid foundation for their life is Jesus (Matthew 7:24-27), and 2) pray for opportunities to share with them the wisdom and life Christ gives you. “The thief comes to steal, kill and destroy, but Jesus came to give us abundant life” (John 10:10).

19. How do I get over depression?

I'm so sorry you're dealing with this. If you know you're depressed, I encourage you to talk to a professional. There are multiple, complex reasons why you could be depressed, and I am only able to speak in general terms.

Most people do not “snap out of” or “get over” depression. The road to recovery can be long, difficult, and characterized by strong mood fluctuations, but God can get you through it (Philippians 1:6).

A few direct steps you can take:

- Avoid being alone—force yourself to be with people. This is one area where you can make a definite choice in your fight.
- Seek help from others. I would encourage you to find someone you can talk to—Traci or Kyle or your life group leader, maybe a group leader from Disciple Now weekend. You will need someone to listen to you, pray for you, and encourage you. Seek out people and situations that generate joy. Do something to help others.
- Sing. Music was the only cure for Saul's depression (1 Samuel 16:14-23).
- Praise and give thanks. Paul didn't tell us to give thanks when we feel like it. He said, “in everything, give thanks” (1 Thessalonians 5:18). Let God minister to your moods by focusing on Him.
- Lean on the power of God's Word. Throughout the centuries, God's people have found the psalms to be helpful. Out of the 150 Psalms, 48 speak to people in a similar situation (6, 13, 18, 23,25, 27, 31, 32, 34, 37, 38, 39, 40, 42, 43, 46, 51, 55, 57, 62, 63, 69, 71, 73, 77, 84, 86, 90, 91, 94, 95, 103, 104, 107, 110, 116, 118, 121, 123, 124, 130, 138, 139, 141, 142, 143, 146, and 147).

20. If you could be anyone in the Bible, who would it be besides Jesus or God?

What a provocative question—so many awesome people—Moses, Daniel, David... After much thought, I think I would want to be the Apostle John. He saw Jesus face to face. He wrote five books in the New Testament. His writings tell of about the heart and mind of Christ. He saw a real glimpse of heaven and of King Jesus ruling for all eternity. He had a beautiful connection with Jesus that comes through his writings. Two of my three favorite verses are from his books. And he was faster than Peter (John 20:3).

21. Is it true that everything happens for a reason?

That phrase does not appear in the Bible. The closest thing in Scripture to that idea is Romans 8:28—“and we know that in all things God works for the good of those who love him, who have been called according to his purpose”—which is conveying the idea that God can redeem anything, even when people end up in difficult situations. But that doesn’t mean that God wanted everything to happen for that reason. Seeing His hand of redemption in our lives does not mean He caused the circumstances.

I think when people say everything happens for a reason, what they really mean to say is “God is always in control.” God is in control, but we live in a fallen world where fallen people are continually making choices as a result of our sinful flesh.

God is in control, but we need to listen, receive, and accept His wisdom (Proverbs 19:20).

Some suffering is senseless. See Jesus’ words in Luke 13:1-5. When someone is suffering, it’s usually unhelpful to suggest why. Job’s friends continually told him he was suffering because of some unconfessed sin in his life, but we know the devil was causing it (Job 1:12).

Saying everything happens for a reason isn't accurate, and implying God had some secret reason can become especially confusing in the midst of suffering. Instead, focus on sharing the entirely true promise God gave us as Jesus did; when we turn from our old ways and rely on Jesus as Lord, we will live changed lives.

22. Meanwhile, all the people were wailing and mourning for her. “Stop wailing,” Jesus said. “She is not dead but asleep” (Luke 8:52). How is Jesus not lying? If she is asleep, Him waking her is not a miracle. If she is dead, Jesus just said she was not. Therefore, He lied and is no longer holy. Or the third option is that little lies are allowed, which also cannot be correct.

What a thoughtful question. I might offer a fourth option. Often misinterpretations happen because of language/culture/or time differences between us and Bible times. I believe this is one of those cases, a cultural difference in how we treat words. Hebrew culture was far less literal than the modern empirical day we live in.

“Sleep” is often the term the New Testament used to refer to someone who is dead in body but alive in heaven.

- “For if the dead are not raised, not even Christ has been raised. And if Christ has not been raised, your faith is futile and you are still in your sins. Then those also who have fallen asleep in Christ have perished. If in Christ we have hope in this life only, we are of all people most to be pitied.” 1 Corinthians 15:16-19 ESV
- “The tombs also were opened. And many bodies of the saints who had fallen asleep were raised.” Matthew 27:52 ESV
- “After saying these things, He said to them, “Our friend Lazarus has fallen asleep, but I go to awaken him.” John 11:11 ESV
- “For David, after he had served the purpose of God in his own generation, fell asleep and was laid with his fathers and saw corruption.” Acts 13:36 ESV

These are a few examples of a style conveying cultural concepts and is done to highlight the fact that those people will walk again someday. It is a method of conveying two concepts at the same time, especially for people who think of death as the end. (It is the end of what we

can experience in this life.) The two concepts are that the person is physically dead but will also rise again. In Christ, death is not the end, just as sleep is not the end of our life. Jairus' daughter was dead, but Jesus words were meant to comfort—she would see the other side of death. She was “asleep.”

23. How do I handle a situation where an authority above me calls me out for something I didn't do.

I'm sorry this is happening to you. When we are wrongly accused, the Bible encourages us to do a few things:

- Remember that one of our aims in the Christian life is to identify with Christ (Philippians 3:10-12). Jesus was wrongly accused. Lean into Him for support and follow His example of not seeking revenge.
- Ask God to “set a guard over my mouth, Lord; keep watch over the door of my lips” (Psalm 141:3). The world tells us to vent and let it all out; Scripture directs us to use self-control before speaking.
- Whatever the consequence, put your hope in the Lord. Joseph was falsely accused of adultery and thrown into prison. Ultimately God delivered him and blessed him with a position of great power and ministry (Genesis 37-50).

24. What is one way I can strengthen my relationship with the Lord?

Every day...

- Trust—Proverbs 3:5-6. It's simple, but probably the hardest to do. The more you trust God, the more you will find Him trustworthy, and your faith will become stronger.
- Pray—Ephesians 6:18. Find time to pray more than you already are—not just for things you want to happen (pass a test, get into a certain college). Pray for the things God desires.
- Read the Bible—Psalm 119:105. When you start, say a prayer asking God to speak to you through His Word.
- Obey. Live out what God is teaching you. Obedience will always bring you closer to God.
- Be the Light to others—Matthew 5:16. When people see you, let them not only see a person who believes in God but also someone who exercises great faith. Let your actions and words draw people closer to God.

Valuable things require effort. If you want a stronger relationship with God, it should be shown in your priorities. You make time for what is important to you.

25. How can I forgive someone who hurt me?

There are a lot of misconceptions out there about what forgiveness means. So, let's start by clarifying what biblical forgiveness is NOT:

- Forgiveness is NOT approving, excusing, justifying, or minimizing the wrong done to you. It doesn't mean acting like the offense was okay or no big deal.

- Forgiveness does not necessarily reconcile the relationship. Reconciliation requires rebuilding trust and requires both parties. You can fully forgive someone even if you never reestablish closeness.
- Forgiveness is NOT forgetting what happened. Forgetting may be impossible if the wound was deep. True forgiveness remembers graciously.

So then, what IS forgiveness according to the Bible? In essence, forgiveness is choosing to release the offender from the debt they rightfully owe you. It's deciding not to hold their wrong against them, seek revenge, or let bitterness take root in your heart.

As Christians, we forgive by faith out of obedience to God—whether the person deserves it or not. Colossians 3:13 says, "Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you."

It's easy to have the misconception that extending forgiveness is mainly about the other person's good, but did you know forgiveness is vital to your emotional, spiritual, and physical health?

Holding onto an offense is like drinking poison and expecting the other person to die. The reality is that resentment and unforgiveness steal your joy, peace, and hope. Bitterness is a toxin that slowly destroys you from the inside out.

That's why Ephesians 4:31-32 urges us, "Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

Forgiveness is ultimately a gift you give yourself. It's how you get unstuck, break free, and move forward. No matter how much you've been hurt, forgiveness empowers you to release the pain to God and pursue healing. It positions your heart to receive the restoration and blessing God has for you.

But how to do it? If you're struggling to forgive, be encouraged that you're not alone. Forgiveness is not easy, automatic, or always a one-time choice. It's a process that requires ongoing work, intentionality, and God's supernatural help.

Remember, forgiveness is not a feeling but a decision. We may not FEEL like forgiving. But with God's grace, we can choose to forgive out of obedience and faith. Like Jesus on the cross, we can pray, "Father, forgive them, for they know not what they do" (Luke 23:34).

If forgiveness feels impossible in your situation, here are some practical steps to help you move forward:

- Be honest with God. Pour out your hurt to Him and invite Him into the messy process of forgiveness. He cares and understands (Psalm 139:23-24).
- Forgive by faith, not feelings. Choose to release the debt and surrender the situation to God, even before your emotions catch up (Ephesians 4:31-32).
- Pray for the person. Ask God to bless them and work in their life. Prayer breaks the power of bitterness and ushers in healing (Matthew 5:43-48).

- Set healthy boundaries. Forgiveness and reconciliation are not the same. You can release the person without re-engaging in unsafe or unhealthy dynamics (Proverbs 4:23).
- Embrace the healing journey. Forgiveness unlocks the door to freedom, but it's not an instant fix. Give yourself grace and space to process pain God's way (Psalm 103:2-3).

Above all, fix your eyes on Jesus and the limitless forgiveness He extends to you. Colossians 3:13 reminds us to "forgive as the Lord forgave you."





ANSWERS FOR Q AND A NIGHT

1. How can I encourage friends to speak without vulgar language?

You need to be a good example first. It is impossible to effectively call someone out for something that you also do. If they are believers, then you need to pray for wisdom and opportunity to lovingly point them back to Jesus in their words.

Ephesians 4:29-32, "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption."

2. How can I be a better leader in the Word?

- Pray for wisdom.
- Practice spiritual disciplines.
- Lead by example.
- Look for the gaps that are around you and fill them in.
- Daily pray and ask God to search our heart and reveal anything in you that needs to leave, and then do what you need to do to flee from that sin.

3. What is the best way to avoid temptation at school?

- Choose good friends.
- Pray. Pray. Pray.
- Do not put yourself in those situations. Flee from temptation.
- "Each person is tempted when he is lured and enticed by his own desire. Then desire when it has conceived gives birth to sin, and sin when it is fully grown brings forth death" (James 1:13–15).
- Press on. You got this!

4. How can we share the gospel?

- Missions Month has been all about engaging our neighbors and sharing the gospel. Look up the sermons on YouTube!
- Pray for wisdom and courage to share.

5. Why do I feel like God isn't present when I feel like I need Him the most?

There are many reasons why this could happen. Remember that God isn't a feeling. He is real, and He is active in your life in ways that you do not see. When I am struggling to feel connected to Him, I start with worship. I pray for God to reveal any sin in my life that is driving a wedge between us. I repent of those sins and continue to worship. There are times when He is building our character and endurance to become more like Christ. It feels hard, but it is for your good. If it is an abusive situation, I promise He is there. Let's talk.

6. How do I know if I'm spiritually healthy?

How do you react to hard situations? That shows a lot about your heart and spiritual health. Are

you gossiping, spewing angry words, or are you self-controlled and slow to anger? Do you have healthy rhythms on spiritual disciplines in your life? If so, you are more than likely spiritually healthy.

7. Where in God's word does He teach us about how to stop drama?

The Bible is full of stories about broken people in broken relationships with each other and about how God works in them and through them. I do not know exactly what kind of drama you are referencing but start with yourself. Let the drama or gossip never come from you, and you will be headed in the right direction.

8. How to navigate a friendship breakup?

Stay true to your character. Don't spread gossip and division. Show grace and kindness, even if you have been wronged, because that is how God loves you.

9. Why are people so sensitive?

We are all living life through the filter of our own past and traumas. What you consider as sensitive might be them doing their very best to show up. Show some grace and kindness.

10. What should I study when I'm feeling down?

Start in Psalms. They are sad songs that are worship songs. David wrote them in his own pain and struggles. My favorite psalm says, "Why are you downcast, oh my soul? Hope in God."

11. How can God help with addiction?

If you are a Christian, you have the power of the Holy Spirit in you to give you the self-control that you need to overcome. God gives us good community for a reason. Find a trusted person and ask them to hold you accountable to not fall back into temptation.

12. How do you practice church discipline?

I leave church discipline to the pastors and elders to handle.

13. Biblical explanation of narcissism?

The proper definition is "having an excessive or erotic interest in oneself and one's physical appearance." The biblical view of that is that it is sin, because you have made yourself an idol as you love and look out for only yourself.

14. (For Traci) What are specific ways to pursue Christ in a relationship?

- Recognize that you are a mess and give it to Him.
- Trust that He is pursuing you harder than you are pursuing Him. It's not about your effort, but His love for you.
- Create rhythms in your life that bring you back to Jesus often. Read your Bible in the morning, pray, journal, search your heart, flee from sin.
- God commands us to pour into the generations after us. Look for a mentor to point you to Jesus. Look for someone to point to Jesus. We are a part of the body of Christ—make sure you are an active part of it.

15. What do I do when I'm in an argument?

- Be slow to speak.
- Pray for wisdom.
- Let your pride go.

- Humbly apologize for the part that you played in hurting the other person.

16. Recently gone through a breakup. What are some ways I can answer my friends' questions about it without bashing the person cuz the way it went down was bad?

"It just didn't work out. I want to respect the other person and not share details." You do not owe anyone an explanation of your relationship.

17. How do you get people closer to Christ if they don't kinda take it seriously?

We are not the Holy Spirit. We cannot make anyone do anything. You are called to love God and love others. That is all that you can do. Encourage them, build them up, point them to Jesus anyway. Make sure that you are living a life that is a good example for them.

18. How do I get over depression?

I am sorry that you are hurting. I have been where you are, and this is what helped the most:

- Eat good food—healthy, whole food, not junk.
- Get active, go for a walk, play a new sport, dance, etc. Just move your body.
- Get adequate rest.
- Keep good people around you.
- Pray boldly, like the psalms.
- Ask for help.

19. If you could be anyone in the Bible, who would it be besides Jesus and God?

I feel like I am a modern-day Gideon. If I could have the characteristics of anyone, it would be the woman who touched the hem of Jesus' garment and was healed. Can you imagine the faith it took for her to know that she did not have to have a monumental moment with Jesus for it to be effective. She only had to touch the part of His robe that was dragging the ground. So many times, I want big, good feelings, or it's as if it didn't happen. She reminds me that it is the small secret moments matter just as much as the pretty Instagram-worthy ones.

20. Is it true that everything happens for a reason?

Romans 8:28 says that He works all things for our good and His glory. Everything happens for a reason. Not only does it happen for a reason, but if you don't give up, if you press on, you will see God's goodness in it.

21. "Meanwhile, all the people were wailing and mourning for her." "Stop wailing," Jesus said. "She is not dead but asleep." Luke 8:52

Amen. Jesus beat death.

22. How can I share the word of God in my school community?

Boldly, confidently, WITH God. Pray for His words, not yours, His glory, not yours. Pray for wisdom about what to do and how to do it. He will give you what you need.

23. How do I differentiate shame and conviction, and how do I overcome shame?

Conviction comes from the Holy Spirit so that you can repent and turn from your sin. If you do that and you are still beating yourself up because of your sin, then that is shame. Repent, flee, look to God. Read Ephesians 1 & 2 for a long list about who you truly are in Christ.

24. Are out of body experiences using drugs spiritual in any way?

Absolutely not. Drugs alter reality and tear your body apart. Your body is a temple, a dwelling place of the Holy Spirit. He does not need drugs to show you anything.

25. What should I do if I question my faith?

Pray. Pray. Pray. Ask God to reveal Himself to you. Go to a trusted person and ask them all your questions. Ask them to answer you with scripture. Search the scripture yourself to find the answers to your questions.

26. What do you do when your friend tries to contradict your beliefs?

Stay consistent in what you say. Do not join them in contradicting your beliefs as well. Pray for them.

