

Leader Notes-Pain to Purpose

We all hold on to things. Some things may be far back in our past, while other things more recent. For students, chances are these things are more current if not present. Help them identify anything that they're holding on to that's causing a negative effect in their lives now. Also, help them discover what it will take for them to let go and move on from those things, or even more importantly, how they can use those things for good.

Talk It Over

1. Ice Breaker: If you could relive one event or moment in your life, what would it be? Why would you choose that one?
2. What did you think about week one of *Challenge Accepted*? What did you like? What didn't you like? What stood out to you most?
3. If you could go back in time (at any point in time even yesterday) and change one thing what would it be? Why would you change that?
4. What would you say is one of the best things that's happened to you in your life? Why would you say that?
5. What's one of the hardest things that's happened in your life? Why was that so hard for you?
6. Read [Isaiah 43:18-19](#) out loud together.
7. What do you think these verses mean and are talking about?
8. What is the one thing you need to let go of and move on from? Why that thing? How will you go about doing it?

Oasis Group Questions

1. Ice Breaker: If you could relive one event or moment in your life, what would it be? Why would you choose that one?
2. What did you think about week one of *Challenge Accepted*? What did you like? What didn't you like? What stood out to you most?
3. Would you say you are someone who is good at letting things go, or do you hold on to things? Why would you say that? Give examples.
4. What would you say is one of the best things that's happened to you in your life? Why would you say that?
5. **Chad** said this quote, "Oftentimes, out of our deepest pain we discover our greatest passion." What do you think that means? Do agree with that? Why or why not?
6. How could that statement apply to your life? What would that look like in your life?
7. Read [Isaiah 43:18-19](#) out loud together.
8. What do you think these verses mean and are talking about?
9. What is the one thing you need to let go of and move on from? Why that thing? How will you go about doing it?

Group Challenge

Identify the one thing you need to let go of from the past, and determine how you need to move on from it.