



MILITARY FAMILY EPISODE

with a special guest, an Army chaplain

► FOCUS VERSES

This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers and sisters.

1 John 3:16

One who has unreliable friends soon comes to ruin, but there is a friend who sticks closer than a brother.

Proverbs 18:24

Be devoted to one another in love. Honor one another above yourselves.

Romans 12:10

► DISCUSSION

- 1. Upon returning from an overseas deployment, this service member struggled with post-traumatic stress, relationship deterioration, depression, and suicidal tendencies.**
 - a. Have you ever experienced a season of depression?
 - b. What actions did you take to help you cope?
 - c. Is there anything you do regularly to help prevent a reoccurring season of depression?
- 2. The guest mentions that a time when he was most content was when he was leading a military college ministry and how that helped shape what he was called to pursue for a career.**
 - a. Reflect on your life. When was a time you were most content, most certain, most fulfilled?
 - b. Are the essential elements of what made you feel that contentment and fulfillment still active in your life?
 - c. Write out a one sentence purpose statement for your life. What do you think God has you here to uniquely do?



Find this podcast at theredeemed.com/military-chaplain/

3. **The guest quotes his mentor saying, “Instead of sacrificing my family on the altar of ministry, we make sacrifices as a family for the sake of the ministry and the Gospel.”**
 - a. What do you and your family sacrifice for the sake of the Gospel?
 - b. Have those sacrifices changed over the years? If so, how?
4. **Self-care and boundaries are two areas the guest feels are especially important.**
 - a. What are some things you do to care for yourself (mentally, physically, and spiritually)?
 - b. What boundaries do you set in your life?
5. **The guest mentions the importance of intentional relationships to develop a sense of community, people to go through life with.**
 - a. What intentional relationships do you have in your life?
 - b. In what ways do you engage and nurture these special relationships?

