



## **AT TIMES, IT'S OK TO NOT BE OK**

with Brandon Bailey, Church of the Highlands

### ▶ **FOCUS VERSE**

Peace I leave with you; my peace I give to you. Not as the world gives do I give to you.  
Let not your hearts be troubled, neither let them be afraid.  
John 14:27

### ▶ **DISCUSSION**

- 1. Brandon Bailey talks about the stillbirth of his son and how, once the initial shock wore off, he realized there was still “real life” to attend to. Have you experienced a tragedy similar in magnitude to his? How long did it take that initial shock to fade, and when it did, what was the hardest thing about returning to “real life”?**
  
- 2. Brandon spent a lot of emotional energy “putting on something,” i.e., a brave face, following the loss of his son. Think of a time you did something similar when you were dealing with significant trauma or stress. Why did you feel like you had to hide your grief or sadness? In retrospect, was there someone you could’ve shared it with but didn’t?**



Find this podcast at [theredeemed.com/its-ok-to-not-be-ok/](https://theredeemed.com/its-ok-to-not-be-ok/)

- 3. What are some of the faces or disguises you might be “putting on” right now, in your current situation? Who are you wearing them for, and why?**
  
- 4. Brandon points out that, in the face of grief and loss, “it’s OK to not be OK.” Think of the influences in your life that might be telling you the opposite—family members, co-workers, even influences in popular culture. What do you think the consequences would be if anyone found out you weren’t “OK”?**
  
- 5. Brandon and his wife discovered fostering and adoption after their family tragedy, and now have a loving family with two adopted children. Can you think of a time in your own life, or the life of someone you know, when tragedy led to something positive and hopeful?**
  
- 6. Brandon mentions Craig Groeschel’s leadership advice about picking up one new discipline each year and, over the course of that year, making it a habit. Have you picked up any healthy disciplines in a similar manner? What’s something positive you could make a habit in 2023?**

