

NOW WHAT*Questions for reflection and conversation***The Redeemed Man Podcast Featuring Nigel Darius**

Having Hard Conversations with God—and Each Other

THINK ABOUT IT

Sit with these before you say anything out loud.

Assessing your life at a major milestone.

(1:33) If you're over 30, think back to where you were in life as you prepared to enter your thirties. Were you happy with where you were? Were you optimistic? Did you feel satisfied with the way you had spent your twenties? If the answer to any of those questions is "no," what was the reason? What did you feel like you were missing?

● *What I saw when I looked back on my life:*

● *What I felt like I was still lacking:*

Am I on the right path?

(1:54) If you haven't turned 30 yet, how would you describe your level of satisfaction with life right now? Think about the goals you've set for yourself and where you want to be at age 30—do you feel like you're on track to get there?

● *Where I am now:*

● *Where I want to be:*

TALK IT OUT

These are worth saying out loud, in a group, with a brother, or with God himself.

When “no” turned out to be the right answer.

(6:24) Has there been a time in your life when you prayed fervently to God for something and didn’t receive it—but now, with the benefit of hindsight, you realize God may have had a reason? Were you unready, not mature enough, wanting that blessing for the wrong reasons? Did you have to make a change in your life or belief system before things started to fall into place like they did for Nigel?

Sometimes solo isn’t the best way to fly.

(14:54) What was the period in your life when independence was most important to you—when you were most concerned with not looking like you needed other people? Was that period of life fulfilling for you? If not, how could you have benefited from being more willing to accept the help and community of others?

The freedom to be—and to be real.

(21:46) When you were growing up, how much freedom did you have to express who you really were and what you were really feeling? Do you think that’s affected your willingness to be honest or vulnerable as an adult?

TAKE ACTION

Don't let this stay in your head. Do something with it.

Finding the courage to get real with the Lord.

(10:51) In your prayers and conversations with God, how willing are you to ask questions of him? Have you been reluctant to do so because you're afraid it'll sound like you're challenging God? What's a question you'd like to ask him right now?

💬 *What's keeping me from asking God the tough questions:*

💬 *What I'd like to ask God now:*

CLOSING

Anytime we express ourselves or ask a tough question, there's a risk of conflict. Sometimes other people aren't prepared to listen to our point of view. Other times, we might be so intent on getting our own point across that we don't take into account the feelings of others. But as Nigel explains, there are ways to ask tough questions and state difficult truths without abandoning our God-given duty to be peacemakers.

(33:27) Do you have a creative idea occupying your mind—a novel, a poem, a painting, a song, or anything else—that you've been reluctant to share with the rest of the world? Are you worried that the truths expressed in that creative piece won't be received well by others? Talk about that idea, and your worries about expressing it, with one or two men you trust. You might find a better reception than you were expecting.

ADDITIONAL RESOURCES

- ***We Say Shalom: 40 Words to Cultivate Curiosity and Connection***

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