

Seven Primal Questions

Guest Speaker: Mike Foster
September 19th, 2026

// Bible References: Psalm 26:2, Psalm 18:2, Philippians 4:19, 2 Corinthians 1:20

// Community Question: What is one thing from Mike's message that challenged or encouraged you, and why?

// Discussion Questions

1. Mike describes a 'primal question' as a deep need from childhood that we keep trying to get answered throughout our lives. What do you think makes these early experiences so powerful that they can shape the way we see ourselves and others for years afterward?
2. Mike talks about 'scrambling' — all the unhealthy ways we try to meet our deepest needs on our own, like perfectionism, people-pleasing, or workaholism. Why do you think we reach for these strategies instead of turning to God first?
3. Psalm 18:2 says, 'The Lord is my protector. He is my strong fortress. My God is my protection. And with him I am safe.' Mike used this verse to show that God wants to answer our primal questions with a 'yes.' How does it change the way you think about your needs when you consider that God has already declared answers to them in His Word?
4. Mike shared how his friend Bob Goff turned his wound of feeling unwanted into a gift for others by making people feel welcomed and pursued. He called this the 'primal gift.' How do you think God can take the very thing that hurt us most and turn it into something we offer the world?

// Challenge: Mike challenged the group to stop 'living in the question' and start 'living in the primal truth' — turning questions like 'Am I good enough?' into statements like 'I am good enough.' How does shifting from a question to a statement reflect what it means to live by faith rather than by fear? What would it practically look like in your daily life — in your relationships, your work, or your self-talk — to live from a place of 'I am loved' or 'I am safe' rather than constantly searching for proof of it?