

BURNING QUESTIONS: Honest answers to the questions people are really asking.

WEEK 1: Does Jesus really help with anxiety, depression, and stress — or does He just add guilt?

Core Truth: Jesus doesn't pile guilt on — He lifts burdens off.

Trustworthy Statement: Jesus doesn't add weight; He carries it.

Day 1 — Matthew 11:28–30 (CSB)

Question: What burden am I carrying right now that Jesus is actually inviting me to release to Him?

Day 2 — Psalm 55:22 (CSB)

Question: What would it look like for me to actively hand over my stress to God instead of just holding onto it?

Day 3 — Isaiah 41:10 (CSB)

Question: Where do I need to trust God's presence more than my feelings right now?

Day 4 — Hebrews 4:14–16 (CSB)

Question: Do I approach God expecting grace or bracing for guilt—and why?

Day 5 — John 14:27 (CSB)

Question: What is one specific situation where I need to receive Jesus' peace instead of relying on my own control?

Take time to practice SOAP:

Scripture: What stands out?

Observation: What is God revealing?

Application: What needs to change?

Prayer: Talk to God about it.

WEEK 2: Why does God care who I love?

Core Truth: God created love and relationships to meet our needs and point to Him.

Trustworthy Statement: God cares who I love because He loves me and wants His best for me.

Day 1 — Genesis 1:27-28 (CSB)

Question: How does being made in God's image shape the way I view relationships?

Day 2 — 1 Corinthians 13:4-7 (CSB)

Question: Which part of biblical love challenges me the most—and why?

Day 3 — Colossians 3:12-14 (CSB)

Question: What relationship in my life needs more of these qualities right now?

Day 4 — Proverbs 4:23 (CSB)

Question: Is there a relationship influencing my heart in a way that pulls me away from Jesus?

Day 5 — 2 Corinthians 5:14-15 (CSB)

Question: Are my relationships being shaped more by my feelings or by Christ's love?

Take time to practice SOAP:

Scripture: What stands out?

Observation: What is God revealing?

Application: What needs to change?

Prayer: Talk to God about it.

WEEK 3: Why does God allow suffering and evil?

Core Truth: God doesn't waste suffering — He works through it, and one day He will end it.

Trustworthy Statement: Suffering is not the end of the story.

Day 1 — Romans 8:18-28 (CSB)

Question: Where do I struggle to believe that God is still working in my pain?

Day 2 — James 1:2-4 (CSB)

Question: How could God be using a current difficulty to grow my faith?

Day 3 — 2 Corinthians 4:16-18 (CSB)

Question: How would an eternal perspective change the way I view my current struggles?

Day 4 — Psalm 34:18 (CSB)

Question: Where have I seen God's nearness in a difficult season of my life?

Day 5 — Lamentations 3:22-23 (CSB)

Question: What evidence of God's faithfulness can I point to—even in hard times?

Take time to practice SOAP:

Scripture: What stands out?

Observation: What is God revealing?

Application: What needs to change?

Prayer: Talk to God about it.

WEEK 4: Why should I take Christianity seriously when Christians can't even get along?

Core Truth: Division is human failure — not the failure of Jesus.

Trustworthy Statement: Don't judge Christianity by Christians — judge it by Jesus.

Day 1 — John 17:20-23 (CSB)

Question: How does my unity (or lack of it) impact how others see Jesus?

Day 2 — Ephesians 4:1-6 (CSB)

Question: What effort am I currently making to pursue unity in the faith family?

Day 3 — Philippians 2:1-5 (CSB)

Question: Where do I need to choose humility over my pride or being right?

Day 4 — Romans 12:16-18 (CSB)

Question: Is there someone I need to take a step toward in reconciliation or peace?

Day 5 — Colossians 3:13 (CSB)

Question: Who do I need to forgive—and what's holding me back?

Take time to practice SOAP:

Scripture: What stands out?

Observation: What is God revealing?

Application: What needs to change?

Prayer: Talk to God about it.