

How Are You REALLY Doing?

August 10, 2025
(Dan Kopp – Lead Pastor)

Digging Deeper Questions

In our fast-paced culture, it's easy to be impacted by the sermon you hear at church on Sunday... only to forget about it by Monday. To make this message "stick" we created these Digging Deeper Questions so you can process and apply what you heard at church. Take some time this week to go through these questions by yourself, in your small group, with a friend, your family, or your roommate.

1. Icebreaker: Think back to when you were a kid through today. Who is someone in your life who has been a good friend to you, someone that you were able to go beyond "small talk" and talk about things that really mattered? Who were they? When were you friends with them?
2. What's your "testimony" for this week? Here are some ways you could answer (pick one): How did you ENCOUNTER God at church? // How did you get EQUIPPED in your faith? // How did you ENGAGE the world with the love of God by the Holy Spirit? // How has God been good to you? // What is something you are thankful for? // What prayer did God recently answer?
3. Read 1 Peter 2:11. Peter discusses a war against the health of our souls — a spiritual war! What are some ways that our souls become a casualty of the spiritual war without us even realizing it? Brainstorm with the group and try to come up with a list of 10 specific things. Consider entertainment choices that damage our souls, ways we overloaded our calendars, or other things.
4. Read Psalm 23. Phil Strout (National Director of Vineyard USA) writes, "Many years ago, a mentor and spiritual father in my life asked me a question I will never forget. Every single time we got together instead of asking me, 'How are you?' he would ask 'How is your soul, Phil?' That question has stayed with me all of these years..." Why do you think people in our culture typically ask "How are you?" instead of "How are you REALLY doing?" (i.e., "How is your soul?")
5. A Key Thought shared in the sermon was this: "The world tells us to be more concerned with the condition of our cars, more concerned with the amount of money we have in the bank, more concerned with our outward appearance, more concerned with our favorite sports team, and on and on. The world tells us to be more concerned about all of those things than with the condition of our soul." What are your thoughts on this?
6. Who is someone at the church who has permission to ask you, "How are you REALLY doing?" Who do you feel you can ask that question to? (Action Step: if you are struggling with answering either question, start taking steps to press deeper into community. Leading (or joining) a small group this Fall would be a great way to do exactly that!)
7. Read Psalm 63:1. For Personal Reflection: Do you regularly spend time in reflection asking yourself, "How is my soul doing?" Take some time right now to ask yourself that question and wait on God as you reflect.
8. Go to your favorite music app, search "It Is Well" from Bethel Worship / Kristene DiMarco (or your favorite worship artist) and play it. Let the lyrics wash over you and share how you encountered God as you played it.

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