

# WEEK TWO

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## Ecclesiastes 1:18 (NLT)

“The greater my wisdom, the greater my grief.  
To increase knowledge only increases sorrow.”

## Romans 12:2 (NLT)

“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.”

## James 1:19 (NLT)

“Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry.”

## FOR FURTHER CONSIDERATION

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1. What was your biggest takeaway from this weekend’s message?
2. Why do you think most people are less cynical as children than they are as adults?
3. In Ecclesiastes 1:18 (NLT) we read that, “increased knowledge increases sorrow.” Does greater knowledge tend to discourage, excite or frustrate you?
4. How does cynicism affect your relationships? More specifically, how does it tend to affect your spiritual life?

5. “The irony of cynicism is that it doesn’t happen because you don’t care, it happens because you do care.” How have you seen this truth at work in your life?
6. Each of us wrestles with hope or cynicism every day. How might having a more hope-filled worldview help us overcome skepticism and negativity?
7. “Knowledge often brings sorrow because the more you know, the more you see people and certain situations in a different light.” What can we do to change that?
8. Pastor Steve shared five key practices for developing curiosity:
  - Schedule thinking time
  - Ask open-ended questions
  - Give fewer answers
  - Dream more
  - Ask two pivotal questions — “Why” and “Why not?” Which of these five practices do you need to lean into the most?
9. Adopting a curious, hopeful outlook on life can keep you from becoming cynical. As a group, share some specific ways you can create and cultivate a more hopeful perspective.

# I QUIT!