

Discussion Questions

*These discussion questions were created for both mother and daughter to answer and discuss. Remember the memories and moments that are created when our girls hear us tell stories and share our thoughts!

1. What is one (or some) disciplines that you are currently doing in your life that you don't necessarily like? Can you think of an example of how those things will serve you well in the future?
2. On today's video, Ashley said "Your feelings don't have to be your boss. YOU can be the boss of your feelings." Discuss what this means and how you can apply it to your life.
3. 1 Corinthians 9:24-25 reads, "Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize." What does it mean to you personally? What are your crowns on earth you find yourself chasing most often? Discuss what it looks like to change the goal from a crown on earth to what this verse speaks of- the "crown that will last forever."

Prayer:

Dear Jesus,

Thank you for our time today to learn and grow. Help me to remember my feelings do not have to be my boss and then when I let YOU lead my life, you help me to be disciplined and even tempered. Forgive me of the times I have been disrespectful or unkind to others when I didn't let you help me control my emotions. I want to run for the crown of Heaven and not chase crowns on earth- show me how to do that each day.

In Jesus Name, Amen

