

DISCUSSION QUESTIONS

- 1.** When was the last time you were yoked to the hindering habit of an addiction and how did it impact your mental health?
- 2.** When have you been yoked to the hindering habit of not taking care of yourself and how did it negatively impact your mental health? Tell us about it.
- 3.** How has being yoked to drama people and drama situations negatively affected your mental health? Tell us about it.
- 4.** What are some things you did to get unyoked from hindering habits?
- 5.** How do you stay yoked to Jesus when hindering habits are all around us?
- 6.** How have you seen the 5 Holy Habits help you stay yoked to Jesus?
- 7.** Why is picking the right people and being vulnerable with them key to your mental health?
- 8.** What are some keys that have helped you discover your God-given purpose?
- 9.** How have you been able to stay focused on your God-given purpose through seasons of mental health challenges?