

DISCUSSION QUESTIONS

- Which of the three false “superpowers” (invincibility, flight, invisibility) do you most relate to in your own life or relationships? Where do you feel the pressure to be more than human?
- How do you think our culture glorifies busyness, self-sacrifice, or emotional suppression—and how does that affect your view of your own worth?
- **Read 2 Corinthians 12:9.** When have you experienced strength through weakness? What might it look like to “boast in your weakness” this week?
- Jesus praised Mary for choosing presence over performance (**Luke 10:38–42**). In your current season of life, where are you more like Martha—and what would “choosing better” look like?
- We often define ourselves by how much we can handle or accomplish. What’s a way you can stop “doing it all” and intentionally embrace limitations this week?
- **Romans 12:15** says “Rejoice with those who rejoice, mourn with those who mourn.” What emotion do you find hardest to express or receive in community—and why?
- Who are the people—biological or spiritual—who’ve nurtured your faith or character? Take a moment to honor their impact.

- When have you felt invisible or emotionally unseen in your role (as a parent, partner, employee, friend, etc.)? What helps you feel truly known?
- Abiding in Christ (**John 15**) means staying rooted in Him, not striving for worth. What's one way you could practice presence with God this week instead of performance?
- Of the three closing invitations - to **give yourself permission to not be invincible**, to **emotionally ground and reflect**, and to **make yourself seen** - Which one hits home for you right now, and what's one step you could take toward it?