



“asking for a friend”

week 2 | july 9

introduction

Welcome back to the *Asking for a Friend* series where we’re exploring answers to a variety of topics that matter to you and your Little Iowa. In week two, we heard from the UNI women’s basketball coaches who shared about stress and Pastor Chip who provided historical evidence for Christianity from several non-Christian sources.

discussion

1. Coach Warren shared her stress as a leader often comes from a desire to provide everyone with a good experience. Are you aware of the most common reasons you feel stress in your life? Better yet, do you know your deeper motivation behind those reasons? Take some time to share these thoughts with your group.
2. Stress gets the best of all of us in different seasons. What are the most common, predictable signs for you (or others) that you're stressed? What impact does this often have on those around you? Do you have anyone - like the UNI coaches - who you trust and know well enough to share when you may need to address it? Why or why not?
3. Rhythms of self-care are essential to combat stress. Do you have routines or know what you need most when life gets stretched? Whether you do or not, do you feel the permission to take this time and energy for yourself? Say you had a day to focus on your health and unpacking your stress; does that cause peace or anxiousness? Why?
4. Say someone asked you why you believe in Jesus or the Bible. How would you answer? Share this, and your confidence or feelings about that response, with your group.
5. Have you ever read (or even considered) non-Christian accounts about events in the world around the time of Jesus? Why or why not? How does it impact you to know there are additional sources providing historical evidence for Jesus’ life? What additional questions come to mind as you process this?
6. How can becoming familiar with additional resources beyond the Bible help your personal engagement and confidence with Scripture or engage with your Little Iowa? Imagine someone in your Little Iowa is curious about if we can believe Jesus was a real person. Talk through what you might need to develop for answers that are confident, relevant, and clear while being simple, accessible, and friendly.

application

These are the topics people in your Little Iowa are most curious about. Over the course of this series, we have the opportunity to show how Jesus and the church can be a place for real-life answers to their questions.

When you think of someone who would benefit from these videos, we encourage you to reach out, start a conversation, and send the video their way. You can access each individual video (and links to share them) on our [Resource Page](#) by texting “friend” to 99581.

Don’t ignore the nudges and names that come to you during the next few weeks. Whether it’s a text to a friend or post on social media, you have the opportunity to share a glimpse of God’s love and character in a simple and accessible way.