



## Study Guide, Episode 120—How to Support a Loved One through a Faith Crisis

*Mosiah 25-29*

00:00-10:13	"QOTW: How can I help my loved one through a faith crisis?"
10:14-16:41	"Live in the paradox of sadness & joy; The Rising Generation is sorely tested"
16:42-26:50	"Judge not; Love others; Seek to understand ourselves & others"
26:51-34:11	"Love casts out fear; Have compassion for those who are hurting"
34:12-40:58	"Inquire of the Lord, exercise faith, acknowledge blessings"
40:49-END	"Be born again & 'abound in grace'"

- 1) Ponder times when either you personally or someone you love has experienced a crisis of faith. What did you feel during that time? What did you do? How did it work? Consider what you might try to do differently next time. Write about this, and consider reaching out to offer greater love, support, and grace to your loved one (or yourself).
- 2) Think of a time in your life when you felt judged. What did it feel like? How did you cope? What do you wish others would have done instead? Now ponder how you might help others to not feel judged. Write about this in your journal.
- 3) Set aside time to sit in silence. Breathe deeply, close your eyes, and tune in to your emotions. Notice any fear you are holding in your body. Where is it? What does it feel like? What shape or action would it have, if any? Sit with the fear. Then, imagine those spaces are suddenly filled with love. Pray. Ask for grace to feel God's love for you and for anyone you love who might be struggling. Imagine loving that person unconditionally. Do one thing to love yourself or someone else better today.
- 4) What does it mean to you to be born again? How have you experienced this process in your life? How have you seen others experience this process? Where do you feel you currently are, in this process? Ponder this as you read these chapters, learning more about being born again, and write about this in your journal.
- 5) What would it look like for you to "abound in grace"? What does "grace" mean to you? How do you use it in your life? How have you experienced grace in the past? What can grace do for you, daily? What is one way you might increase grace in your life, this week?

### Resources

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