



Introduction:

Sometimes we find ourselves in a moment or even a season of life where we feel trapped, confined or held back. The question becomes – what do you do when you feel hemmed-in in life?

Scripture:

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

—*Thessalonians 5:16-18*



Discussion Questions:

1. Share about a time when you have experienced Cabin Fever. How did you end up there? What was the craziest part of the experience? What helped you move on past that feeling?
2. What brings you joy? When have you been able to find joy in the midst of a difficult situation? Where can you look for joy right now?
3. What is your definition of success?

Take the Next Step:

Take time this week to examine your definition of success and how you are working toward success in all that you do. If you need to redefine success, spend some time in prayer to do so. Share with the group next week what you have learned after this reflection.