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# P A C K Y O U R B A G S

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## PART 2: MOTION SICKNESS

### INTRODUCTION

We're all headed somewhere. Arriving at our new destinations requires change. For most of us, change creates stress. Just like when we travel on a boat, plane, or in a car, traveling through life can give us motion sickness. We're knocked off balance. The ground beneath our feet doesn't feel solid. So how do you prepare for what's next when the anxiety of transition has you fighting motion sickness?

### DISCUSSION QUESTIONS

1. Do you tend to suffer from motion sickness when you travel? If so, what do you do to combat it?
2. Talk about a time when you saw someone handle a difficult transition with extraordinary grace. What did you learn from watching that person?
3. Read Hebrews 6:16–20. When your circumstances change, is it tempting to assume your relationship with God has changed in some way? Why or why not?
4. *“Hope is the most powerful anchor for our motion-sickened souls.”* Is that difficult for you to believe? Why or why not?
5. Think about previous periods of transition in your life. Have you ever placed your hope in something or someone that wasn't strong enough to anchor you? If so, what happened?
6. How can this group support you? What is preventing you from trusting God as your anchor in whatever you're in the middle of? What can you do to focus on your heavenly Father and make him your anchor during this transition? How can this group support you?

### MOVING FORWARD

If you want to fight the “motion sickness” caused by life's transitions, you need something to focus on. You need something to hold onto. You need an anchor you can hold onto in transition. Anchor your life to the God who loved you enough to send his Son to die for you. When your hope is anchored to God, you're never alone, you're always protected, and you can be confident that whatever you're facing, it's not the end.

### CHANGING YOUR MIND

*We have this hope as an anchor for the soul, firm and secure.*

**Hebrews 6:19a**