

## Week 3: Self-Inflicted Spiraling

**Main Passage:** Hosea 8:7, Hosea 2:14–15

### Starting Point

- What part of the message hit home for you personally?
- Have you ever realized—mid-spiral—that your own choices helped create the chaos?
- Why do you think it's often harder to face storms we've brought on ourselves?

### Digging In

- Read Hosea 8:7. What does it mean to “sow the wind and reap the whirlwind”? What are some modern-day examples?
- Which of the five mentioned areas resonates most with you right now?
  1. **Unprocessed grief**
  2. **Unsustainable pace**
  3. **Unhealthy choices**
  4. **Unnecessary pressure**
  5. **Unkind words (toward ourselves)**
- How do you typically respond when you realize you're part of your own problem? What makes it hard to admit?
- Read Psalm 43:5. What stands out about how the psalmist speaks to himself? How might that shape how you talk to yourself?
- Read Hosea 2:14–15. What does this passage reveal about God's heart toward us—even when we've messed things up?

### Living It Out

- Which of the five areas mentioned do you sense God inviting you to pay attention to this week?
- What “picture on the nightstand” do you need to remember—about who God says you are?
- What's one way you can move from striving for God's love to simply living from it?