The Mid-Life Crisis

Small Group Discussion Questions

1. What is a mid-life crisis?

2. Why does the physical state of a person affect their emotional state?

3. As a man struggles with growing older what might he do to boost his ego?

4. What are some things that people depend on to make themselves feel successful?

5. As a man reassesses his life, what are some of the areas that he thinks about?

6. What kind of factors can make a person face the reality of death?

7. When we face the reality of death what does it make us realize?

8. Why is work so important to a man?

9. How do most affairs start?

10. What can you do to ease your way through a mid-life crisis?

11. What kind of preventative measures can you take to keep yourself from having a mid-life crisis?

12. What do you value most in your life? Be honest.

13. What does God value most in your life?

14. Why is the time after a man is 40 usually the most productive time in his life?

15. If there are still issues you have questions about, please raise them now.