

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.