

Just Because Its Trending Podcast Questions

Episode #312: January 20, 2026 - "You do You!"

- Why are we so tempted to share platitudes?
- In the series, we will explore common plastic platitudes...they deliver FALSE HOPE. Why is false hope so dangerous?
- What do we do or say when someone says a platitude to us?
- We want to be women who THINK Biblically, and the Gospel Changes our GRID.

Let's hold this saying up to the LIGHT: "You do You!"

Discuss the contrast between:

1. LIE—Self-Actualization: You are the reference point and define what personal fulfillment or satisfaction is.
 2. TRUTH—It's Not about You... what you were made for. WCF Q#1, What is your chief end? To Glorify God and Enjoy Him Forever.
- How does the gospel correct our thinking about "You do You?"
 - Gospel friends remind each other what is true. Read and discuss the following verses:

I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me. Galatians 2:20

So, whether you eat or drink, or whatever you do, do all to the glory of God. 1 Cor. 10:31

You are not your own, for you were bought with a price. So glorify God in your body. 1 Corinthians 6:19b-20

- What stood out to you on the podcast?
- If you and I believed these truths, how would that change our week?

Episode #313: January 27, 2026 - "My Voice is Important, and I Can Speak my Truth Boldly"

- Identify Truth sources: When you want to confirm something (news, opinion, how you feel about something), where or who do you run to first?
- What is a reference point? Internet, friends, emotions...these are all reference points. Are there others?
- Discuss the idea where we start will determine where we finish.

Let's hold this saying up to the LIGHT: "My Voice is Important, and I Can Speak my Truth Boldly"

Discuss the contrast between:

1. LIE—You are the determiner of Truth versus Jesus saying I am the Truth.
"MY" voice...God created you...you are a steward.
 2. TRUTH—God Word's and His Son are our Reference Point for Truth
- How does the gospel correct our thinking about this trendy saying?
 - Gospel friends remind each other what is true. Read and discuss the following verses:

Thomas said to him, "Lord, we do not know where you are going. How can we know the way?" Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me. John 14:5-6

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. Romans 12:2

We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ. 2 Corinthians 10:5

- What stood out to you on the podcast?
- If you and I believed these truths, how would that change our week?

Episode #314: February 3, 2026 - "Let Go and Let God"

- Share one thing you brought to God as Plan A that you are now thankful did not happen.

Let's hold this saying up to the LIGHT: "Let Go and Let God."

Discuss the contrast between:

1. LIE—You are in Control and can relinquish it at any time
 2. TRUTH—God alone is Sovereign
- How does the gospel correct our thinking about this trendy saying?
 - Gospel friends remind each other what is true. Read and discuss these verses:

Our God is in the heavens; he does all that he pleases. Psalm 115:3

Many are the plans in a person's heart, but it is the Lord's purpose that prevails. Proverbs 19:21

And we know that for those who love God all things work together for good, for those who are called according to his purpose. For those whom he foreknew he also predestined to be conformed to the image of his Son. Romans 8:28-29a

And He is before all things, and in Him all things hold together. Colossians 1:17

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Episode #315: February 10, 2026 - "God Never Gives You More Than You Can Handle"

- Share a time when you felt over your head or you hit a brick wall.
- How is recognizing your limitations a gift from God?

Let's hold this saying up to the LIGHT: "God Never Gives You More Than You Can Handle."

Discuss the contrast between:

1. LIE—You can't handle anything.

2. TRUTH—God delights for His power to be perfected in weakness.
 - How does the gospel correct our thinking about this trendy saying?
 - Gospel friends remind each other what is true. Read and discuss these verses:

But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong. 2 Corinthians 12: 9-10

But we have this treasure in jars of clay, to show that the surpassing power belongs to God and not to us. We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed; always carrying in the body the death of Jesus, so that the life of Jesus also may be manifested in our bodies. 2 Corinthians 4:7-10

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Episode #316: February 17, 2026 - “If you Believe You Can Change, You Can!”

- Discuss your childhood shaping influences (movie, story, song, etc.)
- How were these narratives part of your growing up and how did that influence your thinking about God, yourself, and others?

Let’s hold this saying up to the LIGHT: “If you Believe You Can Change, You Can!”

Discuss the contrast between:

1. LIE—Self-Reliance - You are a Creator
2. TRUTH—We are the Spirit’s Transformative Creation
 - How does the gospel correct our thinking about this trendy saying?
 - Gospel friends remind each other what is true. Read and discuss these verses:

Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come. 2 Corinthians 5:17

I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing. John 15:5

And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit. 2 Corinthians 3:18

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Episode #317: February 24, 2026 - "Take Time for Yourself, You Deserve It"

What do you think about the difference between the concepts of self-care vs. self-stewardship?

Let's hold this saying up to the LIGHT: "Take Time for Yourself, You Deserve It"

Discuss the contrast between:

1. LIE—Putting yourself first is your highest priority.
2. TRUTH—God is our singular priority...we deserve Hell but are given grace as a gift.
 - How does the gospel correct our thinking about this trendy saying?
 - Gospel friends remind each other what is true. Read these verses and discuss:

GRACE

And you were dead in the trespasses and sins in which you once walked, following the course of this world, following the prince of the power of the air, the spirit that is now at work in the sons of disobedience—among whom we all once lived in the passions of our flesh, carrying out the desires of the flesh and the mind, and were by nature children of wrath, like the rest of mankind. But God, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved—and raised us up with him and seated us with him in the heavenly places in Christ Jesus, so that in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast. For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them. Ephesians 2:1-10

WISDOM

Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths. Be not wise in your own eyes; fear the LORD, and turn away from evil. Proverbs 3:5-7

Pursuing God FIRST

⁹ Pray then like this:

*"Our Father in heaven,
hallowed be your name.*

*¹⁰ Your kingdom come,
your will be done,
on earth as it is in heaven.....*

But seek first the kingdom of God and his righteousness, and all these things will be added to you. Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble. Matthew 6:9-10; 33-34

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Episode #318: March 3, 2026 - "I Just Want You to be Happy"

- Share a story about when someone said this to you.

Let's hold this saying up to the LIGHT: "I Just Want You to be Happy"

Discuss the contrast between:

1. LIE—Happiness on Earth is our highest aim.
 2. TRUTH—When we find life and joy in Him, then our Sanctification or Holiness is His highest aim.
 3. HAPPINESS—Rooted in pleasure...can be fleeting with circumstances...temporary.
 4. JOY—Rooted in Christ more about purpose and perspective...more about eternal.
- How does the gospel correct our thinking about this trendy saying?
 - Gospel friends remind each other what is true. Read and discuss these verses.

LIFE

The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.

John 10:10

JOY

If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. These things I have spoken to you, that my joy may be in you, and that your joy may be full.

John 15:10-11

SANCTIFICATION/HOLINESS

But just as he who called you is holy, so be holy in all you do; for it is written: 'Be holy, because I am holy.'

2 Peter 1:15-16

Strive for peace with everyone, and for the holiness without which no one will see the Lord. Hebrews 12:14

For this is the will of God, your sanctification. 1 Thessalonians 4:3

Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us. Romans 5:3-5

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Episode #319: March 10, 2026 - "When God Closes a Door, He Opens a Window"

Of all the podcasts in this series, which one did you have to deconstruct the most?

Let's hold this saying up to the LIGHT: "When God Closes a Door, He Opens a Window"

Discuss the contrast between:

1. LIE—Formulaic answers to suffering give false hope.
2. TRUTH—God is always doing more than we can understand for our good and His glory.
 - How does the gospel correct our thinking about this trendy saying?
 - Gospel friends remind each other what is true. Read these verses and discuss.

Oh, the depth of the riches and wisdom and knowledge of God! How unsearchable are his judgments and how inscrutable his ways! "For who has known the mind of the Lord, or who has been his counselor?" "Or who has given a gift to him that he might be repaid?" For from him and through him and to him are all things. To him be glory forever. Amen. Romans 11:33-36

For this reason I bow my knees before the Father, from whom every family in heaven and on earth is named, that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God. Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen. Ephesians 3:14-20

So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal. 2 Corinthians 4:16-18

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