

*Discussion for adults will take place in the Faith Center immediately following the service looking at the following questions for Letters 8 & 9, "The Ups and Downs".*

1. What is the law of undulation?
2. Describe a peak time in your faith life.
3. Describe a trough time in your life of faith.
4. How does the devil tempt us in the trough times?
5. How does God use the trough times to strengthen our faith?
6. Read Romans 5:1-5. How does St Paul describe God's work in the trough times?