



**Fortifying Yourself**  
"Built to Last" Sermon Series  
Pastor Adrian Schoonmaker  
June 7, 2026

1. When life feels overwhelming, what is your first response?
2. How has prayer helped you through a difficult season?
3. What does fasting look like in your spiritual journey?
4. Why do you think God designed us to face battles with other believers instead of alone?
5. Have you ever experienced God speaking through someone else at just the right time?
6. What spiritual gifts have you seen God use in your life or the lives of others?
7. How can worship change your perspective in the middle of a struggle?
8. What is one practical way you can "build yourself up in your most holy faith" this week?