

Is Life Support for Me?

»1 Do you often feel as if you have **no one to talk to** and share some of your daily life's struggles?

»2 Have you experienced a major **life changing event** and you are having a hard time coping with it?

»3 Do you find yourself being **overwhelmed** with life issues?

»4 Do you feel your life is very **sad and hopeless** most days?

»5 Do you find yourself weighed down and resorting to **negative habits** to help you cope? (examples may include: excessive or compulsive eating or drinking, addictive narcotics and drugs, screaming and fits of rage, or manipulating others and hurting them with your words or actions)

»6 Do you find yourself justifying your negative emotions, habits and actions and are your **relationships being negatively** affected by your responses?

»7 Do you have a hard time admitting that you need help and that you **struggle** with various life circumstances?

»8 Do you feel like you are the **only one who struggles** with the issues you struggle with?

»9 Do you feel **confused** at times and wonder if Christ can help you resolve your life issues?

»10 Are you looking for a structured **Christ-centered** program to help you get your life on track?



» If you answered **YES** to any of the above questions, perhaps you could use Life Support.

Life Support meets every **Tuesday at 7pm** at all CedarCreek campuses. To learn more, go to www.CedarCreek.tv and click on "get connected" and find Life Support.