

# IF:TABLE

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- DOWNLOAD, PRINT, AND LAY OUT THE CARDS ON THE TABLE WITH THE QUESTIONS FACING UP.
- INVITE 4 WOMEN TO GRAB THEIR FAVORITE QUESTION.
- TAKE TURNS HAVING EACH WOMAN ASK THE QUESTION ON HER CARD. ALLOW TIME FOR EVERYONE AROUND THE TABLE TO SHARE OR RESPOND TO THE QUESTION.

# MILITARY CARDS

Q.1

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What pain are you currently experiencing in this season of your life?

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Q.2

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What healthy or unhealthy coping mechanisms have you developed as a result of this pain?

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Q.3

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What military life rhythms have you implemented that help you thrive as a military spouse?

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Q.4

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What rhythms can you implement to help you live abundantly in this season?

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