Lift the Weight: Struggles Make Us Strong Processing Questions

- The song tells us that laws and rules have a reason. What are some of the reasons we have laws and rules?
- How can challenges strengthen our character of heart?
- One line of the song states that "a diamond can't be polished without some force and friction."
 List some other things of great value that can only be attained with some kind of resistance, struggle, or hard work.

Other discussion questions or ideas: