Ephesians 2:19-20

How have I learned to trust in and follow apostles and prophets?	How might I help my friend?
What experiences have I had when I acted with faith in Jesus Christ to follow His apostles and prophets? Which experience may be helpful to share with Estelle?	What questions could I ask Estelle to help her consider how the Lord may want her to act in faith?
What do I already know about Heavenly Father, His plan, and how He interacts with His children that might help Estelle in this situation?	What questions could I ask Estelle to help her see her concern with an eternal perspective?
What divinely appointed sources have helped me trust in apostles and prophets? How have they helped me?	What divinely appointed sources would I recommend Estelle turn to?