



THIS IS MY COMMUNITY

Discussion Guide

September 30, 2018

Life is... Feeling

BOTTOM LINE: Every life is a story, and every life experiences pain along the journey.

Discussion Questions

At the start of your group time read Luke 6:43-45 as a group. Open with a word of prayer that God would open our hearts and our ears to hear the emotional pain that people all around us are experiencing.

1. Most of us have a phobia or fear of something that we might describe as silly or feel like it is childish; i.e.) spiders, dogs, cats, public speaking. Does anyone have a fear that comes from a specific event from your past? What caused it?
2. As human beings we have a fight or flight reaction in situations where we think we could be hurt. It can be challenging to nearly impossible to overcome past emotional pain and not run away or rush to attack someone else when the moment arises. What do you think are some of the reasons it is so hard to move beyond the wounds of the past?
3. In the message this week, we learned how to react with compassion in a way that allows God's Spirit to work through us. What are things that you've found helpful in challenging circumstances to react with the fruit of the Spirit (see Galatians 5:22-26) instead of our own emotional scars?
4. Going back to Luke 6, how do we fill ourselves up with good things so that what overflows out of our mouths (and our actions) reflects the heart of Jesus, and not a heart filled with pain? Hurt people hurt people, but what are the ways we allow Jesus to heal us so we can be centers of healing in our neighborhoods?
5. Split up into groups of twos and threes for 5-10 minutes of group discussion time. You don't have to share if you don't want to, but what are some of the invisible wounds in your life that you can begin to pray God would bring healing in your life so you can change a revenge cycle into a healing cycle?
Circle back up when you are finished.

Prepare for the Challenge Time

Hand out the weekly challenges to your group. Read over them together and take a moment to share ideas or opportunities you might have on how to complete the challenges. Remind everyone that these weekly challenges aren't a checklist, but a kick start to applying the word of God to our lives and being involved in our community. Finish by praying for each other in the group that the Holy Spirit will prompt them and guide them as they give these challenges a try.