

SCRIPTURE CARD GUIDE FOR GROUP DISCUSSION

"STRENGTH IN SERVING TOGETHER" FEBRUARY 26 & 27

SERIES OVERVIEW:

Often in our anxiety, depression and mental illness these things are given "identity rights" to define us and say who we are. In doing so they try to own us. In reality, God's Word speaks a true reality over us. We are redeemed, loved and cherished children of God. Anxiety, depression, and mental illness do not define us. We may battle these, but they are not our identity.

*Follow the directions below for a guided group discussion with a friend, in a family, small group, etc.
Grab a Scripture Card (printed or electronic) and simply follow steps from 1 to 6 on this page and the next.*

1

OPENING PRAYER AND SCRIPTURE:

About 3 minutes

Ask a volunteer to open in prayer.

2

BIG IDEA:

About 1 minute to read

Because of our identity in Christ and the community of faith that He has created in us, we are called to action. Jesus' example of washing His disciples feet is a metaphor for us as His church to love and serve those around us. It is very difficult when we ourselves are suffering to serve others. However, this is a significant part of our healing and restoration. By serving others together, we can take our eyes off our pain, illness, and struggle, and ease our burden as we care for others just as Christ has cared for us.



February 26 & 27, 2022

Jesus replied, "Unless I wash you, you won't belong to me. - John 13:8b NLT

Reflect

Read the full passage in your Bible - John 13:1-9, 12-17.

What word or phrase is the Holy Spirit highlighting from the scripture reading?

What might be God's invitation to you in this?

What might be God's challenge to you in this?

How might God be calling you to respond?
Be curious...and then do it.

DISCUSSION HELP:

Use follow-up questions to take the discussion deeper. Guide answers to be honest and real.

Can you say more about that?

How have you seen that play out in your life?

What does that stir up in you?

Has anyone else had a similar thought or experience?

What might God be inviting you to do?

3

INTRO QUESTION:

About 8 minutes

Share an uplifting story you've seen or heard recently where someone made a difference in the lives of others. What is inspiring about these stories?

4

SCRIPTURE READING + GROUP DISCUSSION

About 40-45 minutes

Read Hebrews 10:24-25. In what ways have you been spurred on by others toward love and good deeds that would not have been possible, or as easy, or as joy-filled if you were to attempt it alone?

Sometimes it can take a lot of energy to be with people when you feel depressed or have difficult life circumstances. Why do you think that is?

How could serving together with others in the midst of a challenging time, actually provide some relief to you?





If you have been blessed through serving others, share with the group what specific ways you have been encouraged by it.

5 LIVE IT OUT:

About 1 minute to assign as homework or 7 minutes to discuss in group.

Read this section aloud. Invite the group to take the steps suggested. If there is time, set aside 2 minutes of quiet reflection and 5 minutes to share in pairs what God was saying to them in this reflection time.

TAKE IT DEEPER

Live It Out

Set aside time (and quiet space) this week to reflect on the readings for today. Center yourself first on the great love Jesus has for you and how He has washed you and made you clean from all sin. Then invite him, by the power of the Holy Spirit, to reveal whom he is leading you to serve and how he would have you do it. Step out and follow in the power of the Spirit.

Pray

Jesus invites us to wash others' feet as he has washed ours. Express your heart to God...what that honestly feels like and your response. Then listen for his response.

Ask God to transform you, to make you more like him, more of a servant.

Thank God for his power at work in you.

6

CLOSING GROUP PRAYER:

About 10 minutes

Read the prayer section on the card aloud, and take a few moments of silence for each person to reflect on the prayer prompt personally.

Have each person in the group write their name at the top of a note card along with a personal prayer request. Each person then passes their note card to the person on their LEFT. Close with a circle prayer beginning and ending with the leader, and each person reading aloud the prayer request on the card they hold.