

The Life Challenge

"I came that they may have life and have it abundantly." John 10:10

Series: Therapy & Theology

Title: Part 1

Text: John 10:10; John 16:33

Speaker: Matt Ewert & Lisa DeVries

Date: January 5, 2020



WARM-UP

Share one thing that stood out to you from this past weekend's worship service.

DISCUSSION

"Life Together" is one of the four core values we have as a church family. We believe that the Christian life is most authentically lived when an individual is united in a distinct, covenant community with other believers. Living in interdependent community most fully reflects the nature of a God who also exists in triune community.

- Read Colossians 3:12-15, which is one passage of scripture in the bible that gives us a window into what "Life Together" should look like.
- In very practical terms, describe what it looks like in a church community for people to relate to one another in these ways.
- In your own personal experience, in what circumstances, or with what kind of people, do you find it easiest to live out the kinds of things these verses call us to?
- In what circumstances, or with what kind of people, do you find it most challenging to live in the way this verse calls us to live?

Read Romans 12:9-21, another passage that speaks to the marks of true Christian living.

- What responsibilities given to us as Jesus followers in this passage jump out at you the most and why?

In the passage above, verse 15 calls us to "Rejoice with those who rejoice, weep with those who weep." In the service this week Lisa said that our ability to relate, or walk in one another's shoes, has a major impact on our ability to feel and show compassion.

- Is compassion towards others an easy, or challenging, attitude for you to live out?
- Do you find it easy to relate to the experience of others?
- Do you find yourself being judgmental of others when their experience is different than yours, or their struggles are different than yours?

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DISCUSSION

It has often been noted that mental illness has had a stigma attached to it (including inside the church).

- Why do you think that is?
- Is interacting with people with mental unwellness something you are comfortable with or not?
- Do you recognize the need for the church to be properly equipped to walk well beside those struggling with mental unwellness?
- What can the church do to be a safer place for people struggling with mental unwellness?

Do you know someone who struggles with mental unwellness? If so, describe how you see that impact their engagement in life. (You don't need to identify the person).

In John 10:10, Jesus said that He came that we might have life to the full. Mental unwellness is a factor that so often keeps people from having that experience.

- Pray for those you know who experience challenges with mental unwellness, that Jesus would be present in their life to bring them healing and to allow them to experience the full life He has for them.