

STONEBRIDGE CHRISTIAN CHURCH



Note to the Host: *Thanks for leading your group, creating community, and caring for your people! Remember, this is your group, and you have the freedom to navigate the conversation that best fits your group's dynamic. People come first!*

ICEBREAKER:

In Shakespeare's *Hamlet*, the character Macduff is a loyal ally to King Malcolm. After receiving devastating news, the King pulls his hat over his face and starts to isolate himself. However, Malcolm offers the King wise, caring and encouraging words: "Merciful heaven! What, man! ne'er pull your hat upon your brows. Give sorrow words; the grief that does not speak knits up the o'er wrought heart and bids it break."

TALK IT OVER:

These questions are based on the sermon that took place on Sunday. Feel free to revisit any of the scripture that was discussed in the message. Answer as many questions as your time allows; don't feel pressed to get through them all!

Introduction

1. "How are you doing?" Do you answer this question differently when asked by an acquaintance at church, on the one hand, or a close friend, on the other hand? Why is it so important to answer this question honestly when asked by a trusted friend?

2. “Give sorrow words.” In the quote above, Macduff cared about the King and wanted him to deal with his sadness, instead of bottling it up. Explain how sharing sorrow, sadness or anxiety can unburden you, and create an opening for help or support.

Bible Text

Luke 4:14-21

Matthew 4:23-25

Mark 2:16

3. Based on Luke 4:14-21 (in which Jesus quotes Isaiah 61:1-2), explain (i) what Jesus’ mission is, (ii) who Jesus’ words are focused on and (iii) what Jesus can bring us when we are hurting. What is the “good news” in verse Luke 4:18?
4. Explain how the phrase “every disease and illness” from Luke 4:18 can include both physical and mental illnesses. Based on the verses above, explain the hope that Jesus provides to us, both now and in the hope of heaven.
5. Explain how each of the following can cause depression, anxiety or fear:
 - Significant life events
 - Biological history or chemical imbalances
 - Rejection of God spiritually
6. Why did Jesus ignore the stigma that the culture placed on people and work to build them up instead?
7. How can you boldly continue to carry out Jesus’ mission?

Application

8. Explain how being in counseling and getting your spiritual life in order can work together to provide you with support and hope when needed.
9. Let’s re-focus on the same question in #1 above—How are you doing? What is your answer? StoneBridge is here for you and would love to connect you with trained and

caring counselors if you need their help. We have resources available to help at

www.sb.church/care

PRAYER:

Please don't stress about the time of prayer, pray however your group feels comfortable. This can either be one person pray, or you can go in a circle and have each person pray a few sentences. Be sure to change it up so your prayer time stays fresh in your group!

- Make sure that everyone has a chance to share!
- Encourage all praise reports! Celebrate what God has done!
- Have someone record and distribute the requests to your group, to pray over throughout the week.

Week #1, Chaos Dragons, April 7, 2024