

LIFEGROUP DISCUSSION GUIDE

NOT OKAY WEEK 1



Take a deep breath. Count to ten. Unclench your jaw. Close your eyes. (Okay, now maybe open them again so you can keep reading). You've probably learned a trick or two like this to help you feel with feelings of stress, worry, or overwhelm. Unfortunately, there are a *lot* of reasons to feel stressed on most days. Between school, family, relationships, and questions about our future, what can we do about everything that's causing us stress? During Jesus' ministry, he spent a lot of time with people during some stressful moments. In this four-week series from the Gospels, we'll see how, **when we're not okay, Jesus offers hope**. We'll discover that **when people reject us, Jesus never will**. We'll see that **when it's not easy to do what's right, it's still worth it**. And we'll be reminded that **when you feel worried, Jesus can be trusted**.

THIS WEEK

BIG IDEA

When you are not okay, Jesus offers hope.

BIBLE

Mark 5:25-34

PREDISCUSSION

- **Ask everyone to share a fun or impactful story from Spring Break, Thrive Weekend, Night of Worship, or Easter Sunday.**
- Share a story of one of your most significant moments in life. Then, share one of your lowest moments in life. Ask your LifeGroup what they think caused them to be high and what caused them to be low.
- Could one or two people share one of their lowest moments from this year so far?

DISCUSSION

- Ask one of your students to read Mark 5:25-28 (pg.999).
- How would you feel if you were experiencing this woman's circumstance?
- What made her situation seem hopeless?
- How do you think that she was treated by the Jewish people of that time? *Leaders check out Leviticus 15:19-33 before group to better understand the context.*
- How does Jesus bring hope to this woman's hopeless situation? *Yes, Jesus heals her, but the healing is not where she found hope. She found hope in the one who healed her.*
- Ask one of your students to read Mark 5:29-34 (pg.999).
- Who can tell me where Jesus was heading?
- How does Jesus respond to the woman who interrupted his next destination? How do you think he responds when we interact with him in prayer?
- Why did Jesus stop the crowd to announce that his power had left of him?
- Who can you think of today who may be experiencing hopelessness?
- As believers, how can we bring hope to people who are experiencing hopelessness?

CLOSING

- **Ask for prayer requests.** Take some time to pray over your group as leaders and pray for students to prioritize LifeGroup as a central part of their spiritual growth journey and to encourage friendships to develop and grow in this community.

MONTHLY GOAL

FAITH CONVERSATION: Not every conversation needs to be about faith, but we miss the point if none of our discussions are. For each week of April, 15 minutes before each LifeGroup, try to incorporate a severe faith question. This can be done in your whole group, or it can be done with a different student each week (i.e., Can you share your testimony with me? Can you tell me about a time you felt super close to God?).

LIFEGROUP TIPS AND REMINDERS

- Create meaningful conversation in your group time. Adjust the questions as needed for your context. Feel free to add more. Don't just ask a question and move on to the next in a few seconds. LifeGroup time is designed to allow for more conversations about the subject matter and allow you to help students come up with their own answers.
- Dive into the discussion guide as soon as possible while the message from student worship is fresh on the student's minds. Save prayer requests, highs/lows, and weekend stories for the end of group time.
- Re-read the Scripture or even add supportive verses to help with discussion. Read the message outline to give more context to your discussion guide questions.
- Mine for answers. Don't be satisfied with just one student answering or their "typical churchy response." Be comfortable asking why or having a student explain their answer for more clarity.
- Be comfortable with silence after asking a question. **PLEASE DON'T ANSWER THE QUESTIONS FOR THEM.** Allow time for students to give their answers, as this usually opens the door for others to participate.
- Don't dismiss students into the atrium! Dismiss them to the student commons and hang out with them there. Remember the 15-minute rule – 15 minutes before and after group time are some of the best times to have meaningful conversations with your students.
- Try to keep your students in LG the whole time. They will have plenty of time to go to the bathroom before LGs. If a bathroom break is necessary, dismiss them to the bathrooms in the downstairs student commons – **NOT THE ADULT LIFEGROUP BATHROOMS ON THE 2ND FLOOR.**
- **Don't forget the Four Fs of Leadership!** FOLLOW UP, FAMILY CONNECTION, FELLOWSHIP+, & FAITH CONVERSATIONS

DISMISS TO STUDENT COMMONS **(DO NOT LET STUDENTS GO TO THE SECOND FLOOR LANDING BEHIND THE MAIN WORSHIP CENTER BALCONY).**