



Helping A Loved One Who Is Hurting | Shawn and Jill Johnson | 3.7.21
Weekly Study

START

To get things started, go around the circle and answer the following question:

What are your top three favorite movies of all time? Why?

SHARE

Welcome to Week Four of Let's Talk Relationships! In this series, we have been looking at what Scripture has to say about our relationships with one another. This week, Shawn and Jill talked to us about supporting a loved one who is struggling. But before we dive in, take some time to catch up with your Group by answering the following questions.

Rate your week on a scale of 1 to 10. Why did you pick that number?

What is one thing you feel like God is teaching you right now?

What is one thing on your mind that is keeping you from being present in this moment?

If you haven't taken the time to hear everyone's story yet, take some more time to let two or three more people share by asking them to answer the following questions.

- 1. Tell me about your upbringing. What are a few of the significant life events that shaped and molded you?**
- 2. Have you ever had a moment where you realized God is real and loves you? If so, tell us about it.**
- 3. How have you changed in the last five years?**
- 4. Describe yourself in five words and explain why you picked each one.**

5. Who is God to you?

Every person has a unique journey they have been on that has led them to this point. Taking the time to share your story is a fantastic exercise for you and for everyone listening!

GROW

Read Romans 12:9-16

Do you have anyone in your life who is going through a difficult time? What do you think your role is in their life? How can you be there for them during this difficult season?

God created us to be together. It's one of the most beautiful parts of his creation. In the passage you just read, Paul reminded us of the importance of community. "Rejoice with those who rejoice; mourn with those who mourn" (Romans 12:15).

This week, Shawn talked about how he saw that verse play out practically. He got really vulnerable and talked about a difficult season he recently had. Fortunately, he had Jill there right alongside him the entire time. If you have a loved one going through a tough time, it's really important that you learn how to be with them in the middle of the storm.

As Shawn and Jill taught us this weekend, here are a few really practical steps for helping a loved one:

1. Be Present: Even if you don't know what to say, just showing up is worth more than you know. Your presence is powerful!
2. Don't judge: Your loved one is probably already embarrassed. They don't need you to say anything judgmental to them to make them feel worse.
3. Don't pretend to understand: If you haven't been there before, it doesn't help to pretend like you know how they are feeling.
4. Pray: Prayer is powerful. It can change things. So, while you are sitting with them in the middle of the storm, turn some worship music on and start praying!

Which of those four steps comes the most naturally to you? Why do you think that is?

Which of those four steps is the most difficult for you? Why do you think that is?

M O V E

Read Galatians 5:13-26

Why do you think Paul uses the imagery of fruit to talk about the Holy Spirit?

This week, Jill reminded us that if we want to help a loved one in need, we are going to need the fruit of the Spirit!

In the passage you just read, Paul gives us a list of the fruit we will produce in our lives when we are staying close to God. Healthy fruit trees produce fruit. They don't have to try really hard to bear fruit; that's just what naturally happens. The same is true for us. When we let God guide our lives, we will bear fruit. Our job is to be led by the Spirit and let the fruit come naturally!

According to Paul, the fruit of the Spirit are:

Love

Joy

Peace

Patience

Kindness

Goodness

Faithfulness

Gentleness

Self-Control

One of the best ways to help a loved one in need is to stay close to God so that you can share the fruit of the Spirit with them!

Which of those nine fruits is the most difficult for you?

Which of those nine fruits comes most natural for you?

Who is one person you feel you need to reach out to this week to check in on? What is one action step you can take to make that happen?

P R A Y

We need prayer now more than ever. Spend some time-sharing prayer requests. If you are in a coed group, consider breaking off into two separate groups (or calls if you are an online group) to share more freely.

T O G O

Are you so foolish? After beginning by means of the Spirit, are you now trying to finish by means of the flesh?

- Galatians 3:3