

Small Group Questions: Grace For Your Race

Series: I'm Fine (Not Really)

Pastor Chip Judd

©2021 Seacoast Church. All Rights Reserved

Read

Genesis 3: 10; John 8: 31-36; Ephesians 4:22-24

Reflect

Like Adam and Eve, we hide because we're afraid and full of shame. This fear often leads us to isolation. In order to find freedom, we must learn how to see it differently, think differently, and respond differently.

Pastor Chip Judd combines his forty years of counseling experience and Biblical truths to help us create an environment of grace and truth.

1. WE ARE ALL DOING THE BEST WE CAN WITH WHAT WE HAVE.

- a. What is the difference between grace and truth?
- b. Where do you have an issue that you're not proud of right now? Where can you bring that issue to begin healing?
- c. If a person's behavior doesn't make sense to you, how do you tend to respond to that person?

2. THE JOURNEY TOWARD FREEDOM IS A PROCESS, NOT AN EVENT.

- a. Where is freedom found?
- b. What impact do you think you can have on others when you begin the life-long/life-wide process?
- c. What small step can you take toward your freedom process?
- d. If you've been through the healing process, share your story with your group. If you are just beginning, consider who you can share your story with, and talk to that person.

3. THE LATEST PUZZLE PIECE WE'RE FIGURING OUT - YOUR PLASTIC BRAIN!

- a. Admitting the fact that you are struggling with mental health can be hard. What good can come from admitting the problem, rather than running from the problem?
- b. The brain may need help to make progress. How can we as a Church create a safe environment for those who are struggling with mental health issues?

Respond: Where is God leading you? How can your small group support you?