

# SMALL GROUP GUIDE

## MENTAL HEALTH MONTH

As we come out of lockdown and restrictions ease, we encourage you to phone a friend or family member to ask them:

- How are you feeling?
- What are you looking forward to?
- What are you not looking forward to?

Think about these questions for yourself, too.



## IN CASE YOU MISSED IT

Check out Scott's message from Sunday 10 October, **God in all our troubles**. It is available on our [website](#), [YouTube channel](#) and via the GRLC app.



## LIVING IT OUT

**Fortnight starting Sunday 10 October**

CONNECT: Welcome and celebrate together

PRACTICE: 'SEE' reflective activity [[PDF](#)] [[MP3](#)]

READ: Choose one of these to read together: John 4:1-38, Luke 7:36-50, Mark 5:24-34

DISCUSS:

*In each of these stories, we see Jesus being present with people who aren't ok.*

- What might the Disciples have been thinking about the situation?
- What might have the person been thinking, as they interacted with Jesus?
- What do you observe about Jesus - what He said, what He didn't say, what He did - to the person and to the Disciples?

Think about when you're not doing ok:

1. What is often your initial reaction to / thought about the situation?
2. What do you believe about God and His thoughts towards you when you're not doing ok?
3. Do you naturally invite Jesus into these situation? When you do, does this change your reaction / thoughts at all?

PRAY

HOMEWORK: Over the next fortnight, read the other 2 passages (that you didn't read during your SG) and consider, again, the first 3 bullet point questions.

## More Discipleship Resources

For more reading and reflection, go to: [grlc.org.au/discipleship-resources/](http://grlc.org.au/discipleship-resources/)

