

SMALL GROUP GUIDE

MENTAL HEALTH MONTH

Think of someone who you can reach out to this week to check in on them and see how they're going - whether you know they're struggling or not. As Scott said, "you only have to scratch just below the surface of someone's life to find out they are fighting a hard battle and they desperately need someone to show up and come along side of them to strengthen or encourage them." *How can you be the 'comfort of God' to that person this week?*



IN CASE YOU MISSED IT

Check out Scott's message from Sunday 24 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 24 October

CONNECT: Welcome and celebrate together

PRACTICE: Listen to Keiran Shanahan's devotional together as a group and engage in the prayer practice that she walks you through. See the 'Weekly Devotional' under 'Media' on the GRLC app.

- What happened for you during the prayer?

If your group isn't able to do this practice together, feel free to continue with the 'SEE' reflective activity [[PDF](#)] [[MP3](#)]

- What happened for you during the prayer?

READ: 2 Corinthians 1:3-11

DISCUSS:

1. How does Paul describe God? (see 2 Corinthians 1:3) Do you see God the same way as Paul did?
2. What does 'patient endurance' look like for a follower of Jesus?
3. What obstacles have you noticed that might discourage you from reaching out to others for comfort when you're struggling?

PRAY

More Discipleship Resources

For more reading and reflection, go to: grlc.org.au/discipleship-resources/