



# COMMUNITY GROUPS

SANTA CRUZ BIBLE CHURCH

## Going Further: Learning to Walk In the Way of Jesus

### Miracles - Shame No More

September 6, 2020

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#### Passages

- Primary passage: Luke 8:40-48

#### Questions

- Opener:
  - What was an awkward/funny situation you've found yourself in? How did you handle it?
  - How are you doing this week? What do you need right now? (Continue to refer to the Needs Inventory, see Additional Resources below)
- Share Experience:
  - How would you describe your experience of shame (either embarrassment or the sense of not being enough)?
  - What are some of your go-to ways that you've handled the sense of not-enoughness coming up to the surface of your life?
  - Have you had the experience of God meeting you in your shame? What was that like?
  - In what ways do you feel seen and known by God? How has that impacted your life?
  - Do you have a community where you feel seen and known right now? Why or why not?
  - Describe an experience of feeling safe in a community or a relationship? How did that impact your life?
  - If you have any kind of regular spiritual practice or discipline, how has that impacted your sense of not-enoughness in life?
- Dig Into:
  - Why do you think the woman in this story didn't immediately talk to Jesus and ask for healing?
  - What role does faith play in this healing? Why does Jesus tell the woman that her faith has healed her?
  - Since the woman in the story was ritually unclean, by touching Jesus, she should have passed on that uncleanness to Jesus. Do you think that happened? Why or why not?

### **Creative Ideas**

- Listen to the song "No Shame" by Tenth Avenue North. What thoughts and emotions does the song stir in you? Does it help you have any insight of the scripture passage for this week?
- **Exercise:** Try to do an imaginative engagement with the passage. Invite the group to find a comfortable position and close their eyes. Tell them you're going to read through Luke 8:40-48 twice with a pause after each reading. For the first reading, ask them to notice what they notice. What word, thought, idea, or image stands out to them? Give them 1-2 minutes to reflect on this. On the second reading, ask them to imagine themselves in the story. Invite them to ask the Spirit which character they should be. What do they notice now? What thoughts, questions, or emotions come up as they imagine the scene. Pause for 1-2 more minutes then come together as a group to discuss.

### **Practices**

- Continue the imaginative meditation of the Luke 8:40-48 passage at least 5 days this week. Spend at least 15 minutes imagining yourself in the scene. Write a few sentences in your journal about what you saw and experienced in these scripture meditations.
- Practice vulnerability with someone this week. Is there someone safe you can talk to about an area of your life where you're feeling not enough? Find a time this week and share with them what you're feeling.

### **Additional Resources**

- The questions at the end are fantastic! <https://timchester.wordpress.com/2016/03/21/following-up-the-sermon-in-small-groups/>
- Needs Inventory - <https://www.cnvc.org/sites/default/files/2018-10/CNVC-needs-inventory.pdf>
- Song: ["No Shame" by Tenth Avenue North](#)



## How to use this Walking in the Way Guide

1. It's important to know that there's more material here than any one group can cover in one night. Please **DO NOT** try to get through every scripture passage, question, and creative idea. That is a recipe for discouragement and burnout!
2. Do use this guide as a way to spark some discussion following from last Sunday's message. As the Community Group Leader, you know your group the best. Select which elements from this guide would be most helpful and relevant to your group!
3. **Scripture:** We will always give two or more passages of scripture that are relevant to the topic from Sunday's sermon. Ideally select one passage and stay there. Use only two at the most. You may want to have someone read the passage out loud and then work through the questions from the *5 Questions to Ask When Reading Your Bible* guide below. This is a great resource to print out and give to every member of your Community Group to help guide their own Bible reading at home!
4. **Questions:** There are more questions here than you'll likely be able to get through in one night. Select some questions you think might resonate with your group and throw questions to the group for discussion until one really takes off! You know a good discussion is happening when group members are interacting with and responding to what each other is saying and not just what is coming from you as the group leader!
5. **Creative Ideas:** If you feel it will help your group, select one of these creative ideas to help your group process and interact with the theme for this week. Feel free to add in your own creative ideas as well!!
6. **Practices:** This is how we grow in grace! Practices are what move a good discussion from merely interesting to life transforming. These sample practices are given to help you and the group live into the reality that was talked about on Sunday and that you interacted with in Scripture this week. **Choose one or (at most) two practices that you as a group will commit to doing this next week to live into God's truth.** As you come back next week, debrief how those practices went the previous week!
7. **Sample Schedule:** Here's a sample timeline for how to budget your time for a Community Group meeting. Keep in mind, this is a suggestion, not a rule to follow. **Do what works best for your community!**
  - **Arrival:** Catching up and Snacks - 15 min
  - **Intro:** See how everyone's doing. Maybe throw out an icebreaker question. As the group gets more comfortable, you can use this time to debrief the previous week's practice. - 10 min
  - **Scripture:** Dig into one passage from scripture using the 5 Questions (See Below) - 25 min
  - **Discussion** - 20 min
  - **Closing:** Decide on which practice(s) you'll commit to this week. Spend time praying for each other and those you sense God is sending you to - 10 min

## **5 Questions To Ask When Reading Your Bible - Worksheet**

Whether you're a seminary professor or you've just recently picked up a Bible for the first time, these five questions can help you engage with Scripture. Try using it by yourself or with a group of people to read, understand and live out the Bible.

### **Question 1: What is going on in the passage?**

- What's happening here?
- Who are the main characters?
- Very simply, *what is*?

### **Question 2: What do I like about the passage?**

- What parts of this passage/story encourage me?
- What inspires, pleases or excites me based on what I've read?
- Why?

### **Question 3: What disturbs or startles me about the passage?**

- What is it about this passage that reveals truth that may be hard to accept?
- What disturbs me or jolts, confronts or even offends me in my understanding of God, His Son, the world or my life?
- Why don't I like that?

### **Question 4: What does this say about the nature of God and/or the character of Jesus?**

- What does this passage say about who God actually is?
- What does this say about the essence of his nature?
- What can I see about the character of Jesus (his patience, holiness, compassion, righteousness, etc)?

### **Question 5: What will I do with what I just learned in the next seven days?**

- How will we respond to what we've just read?
- What will I do with what I just learned?
- How do I make sure that this wasn't just intellectual ascent? How do I put this into practice?