

# NUMB

## Facing our Fear of Feeling

Week Two | Service Required | 01.11-12.2020

**Grow Deep Conversation Questions:** Use these questions to help you process the message in your personal time of study or with your group. Time suggestions are based on a 90 minute group gathering.

**Message Recap:** It is much easier to deal with the symptom that plagues us than to actually dig a little deeper to understand the root cause of the symptoms and treat it from the inside out. The same is true for our mental health and wellbeing - even though it can be painful.

### » Opening (2-3 minutes)

- Introductions - this is especially important if this is your first meeting and if there are new members
- Housekeeping - clarify expectations
  - **Announcements:** These are in your Community News email. **Please read and communicate! Encourage participation!**
  - Remind your group that this is a confidential meeting
  - **Remember there may be many thoughts and views. Please remain kind and respectful during conversations.**
- Pray - open your time together in prayer

### » Introduction (12 minutes)

- Ice-Breaker: How do you respond to the dash lights in your car? Do you wait it out as long as possible or take the car in immediately?
- Digging Deeper: How do you know you are feeling the stress of life? What are some of your symptoms or indicators of stress?

### » Observation | Read John 4:1-42 (12 minutes)

- What are your initial reactions to this passage? What do you find challenging? Are you encouraged by any of these verses? Why?

### » Key Principle | Let Enough be Enough (12 minutes)

- What does it mean to believe that God is enough? What happens when we don't believe it?

### » Jesus Intervenes | Reference John 4:1-9 (12 minutes)

- What have you noticed from these first 9 verses of Jesus' interaction with the Samaritan woman? Why did John include these details?
- Where in your life has Jesus been trying to get your attention? Do you wonder if Jesus would ever interact with you?

### » Jesus Offers More | Reference John 4:10-15 (12 minutes)

- What is it that Jesus is offering the woman? What does she think He is offering her? What is the difference?
- What habits do you go back to in life to make yourself feel complete?

### » Jesus Sees How We Settle | Reference John 4:16-19, 39-42 (12 minutes)

- What actions/thoughts come up in your life that reveal you may not be doing as well as you think?
- What are the things you are settling for? What prevents us from believing Jesus sees you right where you are and has already saved you? What might happen if we believed that and lived like we believed it?

### » Next Steps and Prayer | (15minutes)

- How could God use you and your broken story for something good? What steps can you take this week to believe that?
- Close by praying for each other to be honest with themselves and with God about what is going on in their lives and to get the help they need to process in a healthy way.