

DISCIPLE GROUP CURRICULUM GUIDE

It Doesn't Make Sense, Week 3: A Discussion on Discipleship and Mental & Emotional Health
November 26, 2023

LEADER NOTES: **Fall trimester:** August 28 – December 10; **New Leader Trainings:** December 10 in-person and December 18 on Zoom. **Coach and Leader Gathering:** January 20 at San Pablo. Coach and Leader Celebration at The Retreat Center: January 24.

Coach and Leader Gathering at San Pablo, Saturday, January 20, 8am-12pm: Join your discipleship ministers, fellow coaches and leaders to celebrate what God has done, and what He is going to do to us and through us this year. We will have a continental breakfast, worship, pray, be equipped during breakout sessions and fellowship together. (Childcare provided.) [Click here to register.](#)

Coach and Leader Celebration at The Retreat Center, Wednesday, January 24, 1-8pm: Come join us for fellowship with all your discipleship ministers, coaches and leaders from every campus. **Activities include** enjoying the grounds, golfing, dock fishing, pickleball, tennis, cornhole, basketball and billiards/darts in the tavern. [Click here for details and to register.](#)

Leader Podcast - *Leading Well in 7 Minutes or Less*: You can listen to every episode on [Spotify](#) or [Apple](#).

ANNOUNCEMENTS:

Humble Harvest, December 2: Help those in need receive items at the Humble Harvest. For more information, contact loriaibach@gmail.com.

Christmas Toy Drive, November 26 – December 15: Hope's Closet, Eleven22 Kids and Family Support Services of NE Florida are hosting a Christmas Toy Drive to benefit children in foster care and beyond. For more information and a list of toys needed, visit coe22.com/localmission.

THIS WEEK'S READING PLAN: coe22.com/readingplan

Share Wins, Praises and Prayers: Where did you see God move this week?

The Point: "Who is it that overcomes the world except the one who believes that Jesus is the Son of God?" - 1 John 5:5

Sermon Text: Psalm 34:18; Zephaniah 3:17; Matthew 13:15; John 11:43-44; Romans 7:15-19; 24-25; 12:1; 2 Corinthians 10:3-6; Galatians 5:1; 6:4-5; Ephesians 4:32; 1 Thessalonians 2:7-8; 1 John 3:2; 5:1-5

Discussion Questions

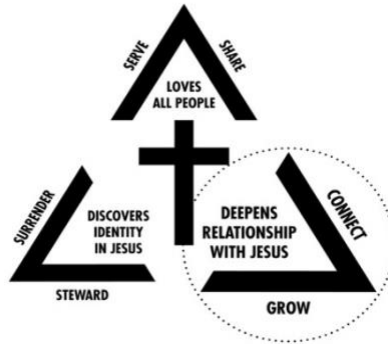
LEADERS: There is no pressure to get through all the questions; we suggest prayerfully planning your choices for your group. Your leadership of sharing and questioning will determine how deep your group goes with each question.

- **What stood out to you in the sermon this week?**
- **Read 1 John 5:1-5. What did God reveal to you in the Scriptures this week, maybe for the first time?**
- **Discover:** How is living the abundant life impacted by your family history?
Deepen: Read Gal 6:4-5. Which relationships in your family history have the biggest impact in your relationship with Jesus and others? *(The way we were raised can have a huge impact in how we relate to others. Every relationship affects you, but no relationship affects you more than the one you have with Jesus. God designed us to love Him and love others. We need each other. We need to live in face-to-face community.)*
- **Discover:** Read Galatians 5:1 and Ephesians 4:32. What are some of the reasons God commands us to forgive? *(All of God's commandments are life giving truths to help us live in freedom and joy. Jesus forgave us and we are commanded to forgive others. Practicing forgiveness destroys bitterness, begins the healing process, breaks any unhealthy connection with the one who hurt us and helps set us free.)*
Deepen: What are some of the reasons it's difficult to forgive people who have sinned against us? *(If I forgive, am I saying what was done to me doesn't matter? No, it matters so much it needs forgiveness. Am I letting the other person off the hook? No, you're letting yourself off the hook. Does forgiveness mean I have to be their friend? Not necessarily, it all depends on your situation. You can forgive someone even if you may not like them or want to have a relationship with them. Forgiveness sets you free from the past. Holding on to unforgiveness is like drinking poison and expecting it to hurt the other person. Jesus went through everything we've gone through and so much more. Yet, he still forgave us all our sins. Choosing not to forgive others, or yourself, is like saying what Jesus did on the cross wasn't enough.)*
- **Read Romans 12:1. Your decisions Monday through Sunday show where your heart is. Which decisions are you consistently making that show your heart for Jesus?**
- **Read Zephaniah 3:17, Psalm 34:18 and 1 John 3:2. What is the next step for you in your mental health?** *(Remember we are human beings, not human doings. Our identity in Christ precedes our activity. Instead of beginning with doing something, begin with who you are in Jesus and who he is growing you to become. If you'd like to receive care, go to coe22.com/care and someone will be in touch with you very soon. If you're considering harming yourself or you're having suicidal thoughts, please call 988 right now. Help is always available.)*

ACTION STEP

A Disciple...Loves All People, Discovers Identity in Jesus, Deepens Relationship with Jesus

1. Pray for God to place on your heart one person you need to forgive. What is holding you back from forgiving them?
 2. Pray every day this week for God to help you forgive them.
 3. Report back to your group next week how your journey to forgiveness is going.
- **RightNow Media:** Find *an unending supply of resources* by signing up for a FREE RightNow Media account. Go to coe22.com/rightnowmedia or text "RightNow" to 441122.
(Note: You'll need to login or create an account to view RightNow Media content.)
 - Details on the 10:10 Life are available at coe22.com/1010life.



Go to coe22.com/resources/discipleship-journey/ and click "Download Tool" to download or print a discipleship journey tool with questions for you to ask yourself and others. Please share the link and directions with others in your group.