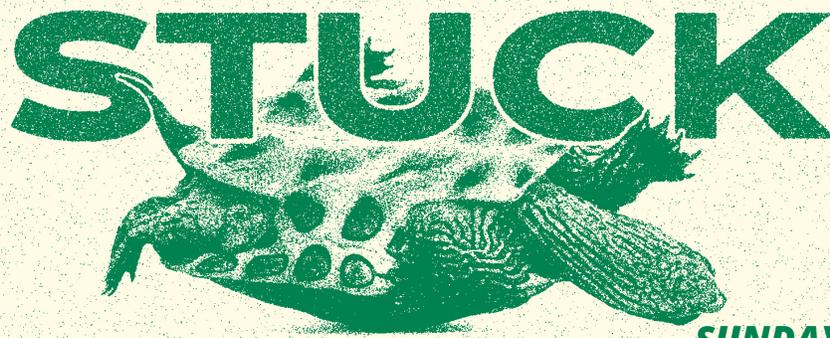


# STUCK



**SUNDAY, OCTOBER 24, 2021**

## **GROUP CHECK-IN:**

Part of the rhythms of us as a group is to move beyond just *learning* but moving through life together. This space to start is a great way to begin to move into sharing rhythms, trusting, and being faithful with the relationships entrusted to us.

As this series delves into some topics that can be heavy and perhaps triggering, we want to start by recapping the house rules Brannon gave us to start this series. These will help guide you and hopefully shape a safe environment for the Holy Spirit to move full of *grace and truth* (John 1).

**1. House Rule #1: Any conversation around mental health should be grounded in love. (1 Corinthians 12: Jesus never shames sufferers)**

- Reminder: we may all have different *ways* to understand how we deal with mental health, but shaming someone who comes at it from a different viewpoint is **never** Gospel-centered.

**2. House Rule #2: Individuals are not issues. (See: Proverbs 20:5)**

- We love, we don't shame.
- We see others as people, not as their problems.

**3. House Rule #3: Dimmers are better than light switches.**

Before you continue, stop to pray for one another and that the Holy Spirit would lead your **conversation** and **listening**. Ask Jesus to be glorified in your time together.

## SERIES OVERVIEW:

Stuck will deal with the question “*What prevents me from doing that? How do I get stuck?*” We are going to deal with the topics of anxiety, fear, shame, and worry. The bottom line in how we approach all of this is ***silence is not a solution.***

## SUNDAY RECAP:

This close to our series “Stuck” dives into dealing with some difficult topics where our solution is not to be silent. Sam Thoman concludes with week four of “Stuck” talking about worry. We opened up God’s Word to hear from Jesus in Matthew 6 and Paul in Philippians 4:6-7.

## CONVERSATION QUESTIONS:

- How have you seen God as ***Sustainer*** in your life? Share examples of God’s presence and action in your life.
  - *Take a moment to pray and give thanks to God as Sustainer. Read **Isaiah 46:4** and give God thanks.*
- Sam said that often “***We don’t know how to trust God because we don’t know how to talk to Him?***” Take some time to discuss prayer. What tips and encouragements can you share from your own prayer life? What gets you stuck that someone else may be able to speak into and encourage you in?
  - Read **Philippians 4:6-7**. Take time together in prayer for your worries and give thanks for who God is and what He has and will do.
  - Utilize this **Helpful Tips for Prayer** guide from earlier this year: <https://thechurchco-production.s3.amazonaws.com/uploads/sites/4395/2021/08/habits-10-tips-for-a-meaningful-prayer-life.pdf>

## **EVERY DAY TO EVERYONE:**

***This series will shape our closing section a little differently. We want to give a helpful tool as well as an open invite.***

***If you are dealing with worry, feeling stuck, have felt as though you cannot talk about it - we want you to know you are seen and you are loved. We would love to have a conversation with you. Whether it is to sit and talk or walk with you to find the help you need in your battle, please reach out to us.***

***You can email Matt Brumfield, Online Community Pastor at [matt@ncchapel.com](mailto:matt@ncchapel.com) or text/call at 330.285.2821***

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We closed Sunday by taking space to look at the Lord's Prayer in Matthew 6:9-13. Either as an individual or as a group, break down the Lord's Prayer - look at the TRUTH that is spoken and ask yourself *is this truth in my life?* Then, pause and pray that God would continue this truth or give your faith to believe this truth.

Think through ways you can display God's faithfulness and fullness to those around you. Pray that Jesus would be made much of and the Holy Spirit would lead you for the glory of God the Father.