

LifeGroup Study
UNSTUCK: A Key to Effective Change
2022-01-23
Leader Notes

OVERVIEW:

Welcome back to our LifeGroup study, Unstuck. This series is all about experiencing change in our lives. There are solo sports and there are team sports. So too there are changes we can accomplish in our lives on our own and there are changes where we need others to support, challenge, and walk with us. How do we know which changes we can make on my own and which ones we need the help of others? It's simple really. If you haven't been able to change on your own it's time to bring others into the circle of change. God hasn't designed you to change on your own. With God's help and a community of people to love and encourage you, true change is possible!

ICEBREAKER: We Did it Together!

When your car is stuck in a snowbank or when your neighbour's driveway is filled in with snow, having a little help goes a long way. Think back to a time when someone helped push your car out of a snowbank, or when you helped a neighbour clear that snow in their driveway. How did it feel to be working together? **Share your story with the group!**

STUDY:

1. On Sunday, Ken said, "If we keep doing what we have always been doing we will keep being where we have always been being."
 - **What did he mean by this?**
 - **In what way have you experienced this in your life?**

LEADER NOTE: If you tried to change by doing something and that something didn't work and yet you continued to try to do the same thing and it still didn't work maybe what you are doing doesn't work. Maybe you have to do something different. Share an example from your own experience with the group to get the conversation started.

2. On Sunday, Ken shared 6 areas where people often want to see change.

- i. Healthy Living – exercise, diet, sleep
- ii. Financial – budgeting, debt
- iii. Productivity – planning and executing
- iv. Mindset – healthy thinking
- v. Connection – relationships with others
- vi. Spiritual – growing your faith

- **In what area(s) have you experienced positive change in the past year?**
- **What would be the top 2 areas where you would like to see change this year?**

LEADER NOTE: This past year has been a challenge for many people to maintain good habits. Encourage your group members that even if they have not seen much positive change in these areas last year, God and your group can help them pursue positive change for the future.

SHARING ONE ANOTHER’S BURDENS

3. READ: Galatians 6:1-5

“Share each other’s burdens, and in this way obey the law of Christ.” NLT

On Sunday, Ken said there are some burdens we should carry on our own and others we need to lean into others for help.

- **What example can you think of for a burden you would carry on your own?**

LEADER NOTE: Ken differentiated between a “backpack burden” – one we would carry on our own (see Galatians 6:5) and a “piano burden” – one we need help from others to carry (see Galatians 6:2). An example of a backpack burden might be our responsibility to earn a living and manage our finances. But if a person is no longer able to earn a living, or becomes incapable of managing their finances, this could become a piano burden.

- **What example can you think of for a burden you would share?**

LEADER NOTE: There are many practical examples for what it means to share each other’s burdens. For example - if a family in your group experiences the death of a family member, the group can share the burden by bringing food to the grieving family or by participating in the funeral. Or if a person in your LifeGroup loses their job, your group can pray and perhaps help the group member in finding other employment.

AN EXAMPLE OF BURDEN SHARING IN THE EARLY CHURCH

Let’s explore an example of how an early group of believers shared the burden of other believers who were experiencing financial difficulty.

4. READ: Acts 11:27-30 The Ministry of the Church in Antioch

- **What burden was brought to the attention of the church in Antioch?**

LEADER NOTE: In this passage we read that a prophet (Agabus) predicted a coming famine in the area of Rome. This famine would likely create a burden for the church in Rome that would require help from fellow believers.

- **How did the Antioch church share this burden?**

LEADER NOTE: The church in Antioch took up a collection to send to the church in Rome, to provide some relief from the famine. Although this famine did not impact them directly, they chose to come alongside those who were being impacted, to share the burden with them.

- **What is an example of this kind of burden sharing today?**

LEADER NOTE: Creekside partners with a local church and Christian school in Kitigoma, Uganda, by sending monthly support to help pay the salaries of staff and to feed children and provide other supplies.

WATCHING OUT FOR THE NEEDS OF OTHERS

As followers of Jesus, we should be on the lookout for how we can come alongside one another and share one another's burdens in times of need.

5. READ: Philippians 2:3-4

³Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, ⁴not looking to your own interests but each of you to the interests of the others.

- **How does "valuing others above ourselves" connect to sharing one another's burdens?**

LEADER NOTE: As followers of Jesus, we are to be on the lookout for the needs of others. LifeGroup provides a place where we can listen to one another's stories and cares and take an interest in what others are going through.

- **As a LifeGroup, how can you discern between a burden you can help one another carry and a burden that needs help outside the group?**

LEADER NOTE: As your LifeGroup members encounter various burdens, there will be some your group can help with and others that may be beyond the scope of the group. For example, if a group member experiences the death of a loved one, your LifeGroup could

provide food and your presence at the funeral, but there may be need for further grief support through a counselor or group focused on grief and loss. While the ongoing professional support might be beyond the scope of the group, your group can still continue to share the burden through prayer and checking in to see how your fellow group member is doing.

6. When it comes to sharing burdens, walking in light of God's Word is a delicate balance between selfless giving and responsible boundaries. **What have you learned about how to be wise when it comes to sharing the burdens of others?**

LEADER NOTE: We need God's wisdom in order to help others well. Erring on the side of not helping can isolate us and make us overly self-dependant. Erring on the side of helping too much can create an unhealthy dependency where the recipient becomes overly reliant. While none of us balances these two perfectly, your group members may have some wisdom, as well as some disappointments, to share around their experiences of helping or being helped by others in the church.

7. Think back to the six areas Ken mentioned where people most often want to see change. Is there an area where your group could help share your burden? **Share this with your group.**

CREEKSIDE MINISTRIES THAT HELP SHARE THE BURDEN

Celebrate Recovery (CR)

On Sunday, Ken mentioned Celebrate Recovery (CR) as a place to get unstuck. CR is a Christ-centred recovery ministry focused on steps to help people recover from hurts, habits and hang-ups in their lives. This group meets weekly at Creekside and offers a place where others can share your burden. To read more and check out CR, go to www.creeksidechurch.ca/CR

DivorceCare and DC4K

These groups provide healing and hope to adults and children hurting from the pain of separation or divorce. www.creeksidechurch.ca/divorcecare

Creekside Cares

Creekside Cares is for anyone who may be in need of resources or support; seeking prayer, counsel or spiritual care; or experiencing emotional, physical or financial struggles. <https://www.creeksidechurch.ca/care/>

PRAYER

Let's pray this week for our Global Workers - particularly pray for our missionaries serving in Southeast Asia and Greece:

- Pray for the Niemeijers in Southeast Asia serving with Wycliffe. Ask for God's protection on them physically. Ask for God to guide them and give them wisdom as they serve Him.
- Pray for the Cymbaluks in Greece serving with Avant. Ask for God to give them success as they build relationships with nationals in order to support and build the local church. Ask that God would grow their influence in a nation where Christianity is a small minority.