

LifeGroup Study
UNSTUCK: A Key to Effective Change
2022-01-23
Participant 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?**

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?**

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.” Vs. 2 - 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?**
- **What example can you think of for a burden you would share?**

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?**
- **How did the Antioch church share this burden?**
- **What is an example of this kind of burden sharing today?**

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?**

- **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?**
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?**
 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.