



Week 2  
Discipleship Study  
Questions



## A Weary World Rejoices

As we draw nearer to Christmas, we struggle to find peace and joy in what is meant to be the most wonderful time of the year. We are weary from feeling troubled, from busyness, from loneliness, and more. In this series, we will look at the hope found in the Christmas story for the weary soul looking for some rest.

### **Read the Scripture:**

*Individual:* Read the passage from two or three different translations.

*Group:* Have two different group members read the passage using different Bible translations.

### **Speak the Scripture:**

*Individual:* Recite the story aloud from memory (as best you can) or tell it to a friend or family member. The goal here is to get the essence of the passage in your heart.

*Group:* Have someone volunteer to recite the passage aloud in their own words, as best they can.

### **Understand the Scripture:**

*Individual or Group:* Use the Discovery Questions to help ensure you understand the passage.

### **Dig Deeper into the Scripture:**

*Individual:* Work through the Digging Deeper questions and pray about what God reveals to you through His word. Discuss with a Christian friend or family member if you choose.

*Group:* Work through the Digging Deeper questions as a group, celebrating the work God is already doing in each person's life, and encouraging each other to trust Him in the places that need growth.

# Small Group Guidelines

## **This is a Safe Group**

Confidentiality is key—what is said in the group stays in the group. Be aware how you are affecting the environment with your words, actions, and non-verbal communication. This needs to be a place where people feel comfortable opening up and sharing.

## **No Crosstalk**

Be considerate of others as they are sharing. No side conversations, phone time, texting etc.

## **Listen**

Let's value one another by listening to what is being shared. Allow a pause after someone shares to allow them to finish and others to consider what was said. Eye contact and body posture play key roles in creating a positive or negative group environment.

## **No Rescuing or Fixing**

We are not here to fix each other; Jesus does that part. Avoid the tendency to rescue when someone is struggling to get the words out or shares a struggle or conviction.

## **Use "I" Statements**

It's easy to talk about the issues of others, or respond with "we," "us," or "the church," but for us to grow as disciples and build relationships, we want to use "I" statements.

## **Don't Over-Talk**

We want to create time for all members of the group to participate in the discussion. Be careful not to always be the first responder or regularly give long responses.

## **Fight for Relationship**

It's not if conflict or hurt feelings will happen, but when. We commit to fight for relationship with each other. Go to the person and share your struggle or seek wise advice if you are not sure how to handle the conflict.

## Week 2

**Background:** Though we might not look at this passage as a “Christmas” story, it relates to the story of the inn keeper. Both stories contain someone who seem to busy and like their life is too full to really accommodate Jesus.

**Read:** Luke 10:38-42

**Discovery Questions:**

What do we learn about God in this passage?

What do we learn about what it means to be a follower of Christ in this passage?

What do you think the Holy Spirit might be teaching you personally through this passage?

Is there anything God is leading you to do after reading this passage?

**Digging Deeper:**

Why do you think it’s difficult for us to stop the things we are doing to spend time with God?

What is the “one thing” that Mary chose? Why won’t it be taken away from her?

How could your life look different if you prioritized time with God above all else?

**End this time with a prayer.**

*If you aren’t sure what to pray, try praying the Scriptures you studied today.*

**Optional Advent moment (this can be done alone, with your family, or with a discipleship group)**

*-Light a candle, and say “today, Lord, I light the shepherds’ candle. May it remind us that you choose the lowly people, the outcasts, and the downtrodden to reveal Your glory to. May it remind me that when I was lonely, busy and disconnected from You, I was pursued by Your love. May I give You glory in the highest for the rest of my days.”*

**ADDITIONAL RESOURCES**

*If you’d like to learn more about how to handle troubling emotions like anxiety, depression, anger, fear, or more, here are a few resources to consider:*

**Podcasts:**

- Fresh Hope for Mental Health
- The Allender Center Podcast
- The Wild at Heart Podcast

**Blog:**

[www.emotionallyhealthy.org/blog](http://www.emotionallyhealthy.org/blog)

**Books:**

- Resilient* by John Eldridge
- Redeeming Heartache* by Dan Allender
- Redefining Anxiety* by Dr. John Delony
- Emotionally Healthy Spirituality* by Pete Scazzero
- Bright Days; Dark Nights* by Elizabeth Ruth Skoglund with Charles Spurgeon

**Counseling Resources:** go to [www.christtherock.org/counseling](http://www.christtherock.org/counseling)