

Saved People Serve People (and are less stressed)

Week of October 15, 2017



These Digging Deeper questions can be used the week following the Sunday message. You can use these questions for personal growth and development, or as a guide for your family or Connect Group discussions.

Message Recap:

Read Genesis 4:1-15

God never created humanity to feel stressed out. He never intended us to be in competition with each other. But by God's grace, we were given free will, and in that free will we decided that we'd rather compete than live in peaceful cooperation. And thus, we began to compete with each other over almost everything imaginable. Even the very first children of Adam and Eve, Cain and Abel, felt this. Cain killed his brother because God had favored Abel's harvest over his own. Even though we are doomed to live under this sinful human nature, God did show us a way to live cooperatively – a way to reduce stress and find peace. That way is service! Competition is stress; cooperation is peace.

Pray

Lord, we know that it is not in our nature to put others first. From the very beginning of time we've thought only of ourselves and our own selfish desires. We're in constant competition with the people around us, and we create so much stress in our own lives because of this. Lord, help us to see others with your eyes. Help us to sacrifice our time and energy lifting others up in service. Not only because we know that this will help us find peace, but because this is what you have called us to do. Help us be a light unto the World, so that they might see a difference – the Jesus difference – through us. Thank you for your unending grace and mercy. Thank you for showing us what peace is, and help us to show it to others in the same way.

Getting Started

- What was something recent that stressed you out in a bad way? How did you respond?
- Have you ever served someone (put someone else's needs first), and in the process discovered that you felt better?

Digging Deeper

1. Almost everyone has helped someone out at one point in their life in some way. Can you answer *why* we do this? Why do we really help others? What motivates YOU to help someone?
2. As everyone comes up with their 'why' for service, reflect on your own life and how that applies to you. What is the line that you have that separates you from helping someone else or being selfish? Is there a certain barrier you have that continually keeps you from serving, even when you know you should?
3. How are you living your day-to-day life? Are you waking up and just managing whatever happens to you? Are you a destroyer? Or, do you wake up and try to create a better world for everyone?
4. For those of you in the 'manager' category, what is it in your life that causes you to just want to get by? What motivates you to do more, and where is that motivation right now?
5. Most people live busy lives, and finding time for others can be difficult. Amidst your busy schedule, where can you find time to serve? Which things in your life can go so that you have more time to help others?
6. Have you signed up for the "Be the Difference" serving challenge yet? If so, what did you sign up for?
7. Could the entire connect group volunteer for one of the "Be the Difference" serving challenges together? Discuss and plan...then go serve!

Living Jesus

Jesus was better than anyone at serving. He never competed with others. He only served and spread peace, and this is why people followed him. They saw the Jesus Difference. We can be that same difference to the world today. People won't see the Jesus Difference unless we BE the difference. People won't know what peace looks like until they see someone in humble service of their needs, especially if they feel like they don't deserve it.

Your Story

How are you serving this week? How is serving affecting you? Share your answer on social media or with the church using #MyStory.