

Message Big Idea

Jesus came to bring a YOU+ life that offers healing to your children.

Scripture

Psalm 69 1-2,19-20; Deuteronomy 31:8; Psalm 147:2-6; Ephesians 3:14-19

Points to Keep In Mind

1. We appreciate the way you lead and love your group members. This week's Big Idea could be a painful topic for any of us amid a mental health struggle, so please approach this topic with grace, gentleness, and tenderness. As you facilitate this week's discussion, remember our mental health resource page that lists many excellent trained and licensed local counselors. The link is listed below.
2. David, the writer of Psalm 69, had many enemies, with Saul at the top of the list. In fact, Saul wanted to have David killed. Much of David's lament reflects what Jesus endured for us during his earthly life a thousand years later.
3. The Week 2 message featuring the video interview with Dr. Chinwé Williams can be viewed on our YouTube Channel (youtube.com/@cmmntycc). To learn more about this topic, check out the book "Seen" and "Beyond the Spiral" by Will Hutcherson and Dr. Chinwé Williams, PhD available on Amazon.com
4. The prayer portion of your group time (#9) can be done in various ways based on the size of your small group. If there are under five people, you can have each person pray the Ephesians passage out loud for their struggling loved one. If there are more than 5, you could group people in twos or threes. You may find that a small group member feels they need to pray for themselves. You may want to offer to pray the passage for them if that's the case. Take your time with this prayer moment. It could be the most important part of this week's group.

Additional Questions and Resources

1. Where do you see God at work in your life right now?
2. What next steps do you feel called to take in your faith journey? Visit communitychristian.org/nextsteps
3. Have you considered getting baptized? Visit communitychristian.org/baptism/
4. What have you been learning from the Community Daily? Sign up at communitychristian.org/daily
5. If someone is seeking professional counseling, you can always refer them to our resource page: communitychristian.org/mentalhealth/
6. Find out more about having a YOU+ conversation by visiting: YouPlus.info
7. Download YOU+ resources for parents at kids.city.org