

ROLLING WITH THE PUNCHES

Big Idea

Pastor Curt – Part 5

We continue with our series, Roll with the Punches, by observing how Jesus handled His worst day. If Jesus, the Son of God, asked for help when going through a difficult time shouldn't we follow His example by asking for help when we're going through a difficult time? Why don't we share our needs with anyone? Why don't we ask for help? Even though Jesus did everything right, actually He did everything perfectly, He showed His vulnerable side with a human need. John 19:28 says, Knowing that all was now completed, and so that the Scripture would be fulfilled, Jesus said, "I am thirsty." This message is **Life-Lesson #5: Be Human Enough to Acknowledge your Need; Be Transparent.**

Pastor Curt shared 3 Roadblocks to Being Real. They are **1. Hidden weaknesses. = Fear of Exposure** "I can't share that; I don't want anyone to know this about me; if they knew me and my struggles, they would never love me, never care for me, never embrace me." **2. Desire for approval. = Fear of Rejection** We fight rejection by doing whatever we can to gain acceptance; on social media do you post your needs or the best view? **3. Past hurts. = Fear of Being Hurt** We put up a wall by being superficial in our relationships. Pastor Curt gave us four roadblock removers using biblical metaphors of the church. Each encourages us to be transparent because we need four things. **The church is a building.** Small groups are our method for this. Be transparent because we need to grow. Some growth cannot happen alone, it requires others. **The church is a body.** Growth Track is our roadblock remover for this because we need to grow. **The church is a flock, like sheep.** If you've been hurt, you need the protection of others who have experiences like you. **The church is a family.** We need to belong to a loving family! We invite you to join our loving church family.

Discussion Questions

- Is it difficult for you to admit when something in your life is not going well? Discuss reasons why we hide and refrain from asking for help when we need it. What role does fear play in keeping you from being real and transparent with others?
- Have you experienced one of the roadblocks that Pastor Curt described? Discuss this.
- Discuss the importance of being connected in a church family. What is the value of having a group of friends to help you make it through difficult situations?
- Share an experience you've had where you opened up with a friend about a difficult situation. How did being transparent help you overcome the challenge you faced? How does this experience motivate you to offer support to someone else?

Prayer Focus

Thank God for helping you realize that you can't do things on your own. Ask Him to help you overcome your fears and admit that you have needs. Go to God with both your major problems and your daily challenges. If you don't have a friend with whom you can be transparent, pray for authentic friendships.

Next Steps

If you don't have a good support system, intentionally look for people with whom you feel comfortable, and open up to them. Your fellow Group members are a great resource when you need love and support.

Leader Tip

Encourage group members to be transparent and share their trials and victories with your Group, knowing your Group is a safe place to share. Pray for each other during the group meeting.