



Sermon Discussion Guide  
*Reset: Help People Through Change*  
Sunday, June 6, 2021  
Based on Pastor Jason's Message

## Introduction

We're continuing in a series called *Reset*. Our world is reopening, regathering, and we're adjusting to what's being called the new normal. So, we're seeing how the Bible can give us wisdom as we navigate this time together. Specifically, we're reading through Romans 12. In this fifth lesson, we learn that we can help each other through the changes of life.

To watch this week's sermon before your group discussion, go to [www.journeyoffaith.com/messages](http://www.journeyoffaith.com/messages)

## Share Your Story

1. In general, how would you say that you handle changes in life?
2. Can you identify anything from your past that has contributed to that?

## Hear God's Story

3. Read Romans 12:15-16. How would you put this in your own words?
4. In the sermon, we were encouraged using this text to keep growing in empathy for others. After a brief moment of honest self-reflection, answer: What is one way you can increase your empathy for others so you can actually live out Romans 12:15-16?
5. How does growing in our understanding of God's love relate to growing in empathy?
6. In the sermon we learned of three major healthy movements to processing change:
  - a. Red Zone: Loss and Doubt
    - o *Action Step: Feel the Loss*
  - b. Yellow Zone: Discomfort and Discovery
    - o *Action Step: Adjust to the Changes*
  - c. Green Zone: Understanding and Integration
    - o *Action Step: Engage with the New*

Where are you at right now in your own latest change? And, how can understanding this help you come alongside others better?

7. After taking a look at Romans 12:15-16 again, what's one thing you want prayer for so you can better internalize this in your heart and then live it out toward others?

## Create a New Story

8. What's one practical step you can take this week to help someone having a hard time?

## **Further Studies: Putting Rom. 12:15-16 in its Larger Literary Context**

Romans 12:15 was a common teaching among God's people even before Paul (at least 200 years before; *ex: Sirach 7:34*) and something he had touched on in his previous letter to the church in Corinth (1 Cor. 12:26). Building from this teaching of our interconnectedness with each other, in verse 16 he encourages us to a unity of thinking and mutual respect. This was so close to his heart, and the heart of God, that only a few years after writing to the church in Rome he elaborated on it in his letter to the church in Philippi.

Read what Paul wrote to the church at Philippi, building from Rom. 12:15-16, recorded in Philippians 2:1-11, then move onto the questions below.

### **Discuss**

1. How does Phil. 2:1-11 relate to Rom. 12:15-16?
2. What do you learn about Jesus in Phil. 2:5-11 that challenges you the most?
3. How does reading these two passages together help you understand what God wants from you better?
4. What can you add or tweak in your devotional life to help you keep your ego in check with Jesus' heart as mentioned in Phil. 2:5-11, and then authentically live out Phil. 2:1-4 and Rom. 12:15-16 in community?
5. What one thing about the heart of God are you most in awe about today?
6. Group Action: Spend some time in prayer giving God thanks, and asking for help to live with the heart of Jesus among others.

### **For Parents: Repackaging for Youth**

7. For those who have young children at home, what are some ways you could teach this lesson to them that takes into account their age and learning level?

For questions about this curriculum, contact Pastor Matthew Jensen at [matthew.jensen@journeyoffaith.com](mailto:matthew.jensen@journeyoffaith.com)