

# You Are Useless - I Am Needed | LEADER GUIDE

## *Resources for leading through this series*

We met with some mental health professionals to come up with tips and resources for how to approach this series as a small group leader. You can find helpful insight on how to think of your role as a leader, things to say (and not say), as well as many other resources to help people in your group who may be struggling at [242community.com/mental-health](https://242community.com/mental-health)

## **INTRODUCTION TO THE LESSON**

**ice breaker/ weekly check-in:** The purpose of asking about stress relief is to transition into thinking about mental health but also to help share ideas that may be really helpful for someone who struggles to relieve stress.

This past Sunday's message started with an interview with a high school student named Cody from our Brighton campus. The message was about the lie that we're useless, and the truth that we are needed. It was centered around Paul's story. Once ashamed of his past, as he grew to know Jesus, Paul's perspective changed. Eventually, he used his story to help bring comfort to others who were struggling with all sorts of distress.

This week, we want to lead people to discover that God can use their unique story and perspective to help comfort others. Everyone has a story that needs to be shared!

## **SCRIPTURE AND DISCUSSION QUESTIONS**

The key scripture from the message is 2 Corinthians 1|3-7

Paul may not be specifically referring to his story in Acts 9 as he talks about his troubles and suffering, but his past sin led to all sorts of struggles for Paul throughout his ministry. We suggest reading through Acts 9 as a group, but feel free to go through 2 Corinthians 1 if you prefer.

## *go deeper*

*Last week we talked about how our gifts can help us find belonging in the body of Christ. It may help deepen the discussion of your group to go back to 1 Corinthians 12 and talk about how our gifts (and story) can help us realize the truth that we are needed in the church as well.*

## **SMALL GROUP INTERACTIVE | ONE BIG MOMENT**

What is one big moment in your life when you knew God was involved or you knew God was working through you.

## **NEXT STEPS**

*Know your story - share your story. For some people, their next step in trusting they are needed will be to simply articulate their story... to reflect on how their life is different because they trust Jesus. Others may know their story well. They may need to be challenged to share that story with someone who is close to them. They also may need to be challenged to share God's story with someone who doesn't know it.*

*When sharing your story, make sure to include briefly:*

- *What was life like prior to meeting Jesus? (or prior to trusting Jesus for people who grew up in church)*
- *What led to your meeting or trusting Jesus?*
- *How is life different now?*

*Ask if someone would like to share. For the next few weeks, consider starting your group discussion time by having someone different share their 2-minute story. It may help to put a calendar together to give people a head's up reminder of when their week to share.*

*If your group has recently been through rooted - make time in the upcoming weeks for new people to share their story and give for them to hear others' story too.*

## **EXTRA INFO**

**Leadership Community** is coming up fast. Be sure to RSVP and have your apprentice RSVP [here](#)

**StepOne:** if anyone in your group hasn't attended Step One, you can find the time and [RSVP here](#)

**Rooted** begins in February. You can find more specific information about your campus start date [here](#)

Please share photos and stories from your outreach with your network leader or community life pastor.

# Mental Health And The Lies We Believe

week of **January 22**

## ICE BREAKER QUESTION

What do you do (that works) or what have you done to relieve stress?

**this week's big idea:** *Sometimes we believe the lie that we are useless, but the truth is that you are needed! Your story and perspective make the church a better picture of Jesus.*

*What do you remember most, or what stuck with you from the weekend's teaching?*

## SCRIPTURE + DISCUSSION QUESTIONS

**Acts 9|1-19** tells Paul's conversion story. Have someone read it... it's a little long.

1. What sticks out in these verses to you?
2. Verse one says "Paul was still breathing out murderous threats..." How might that have impacted his ministry in the years ahead?
3. In 2 Corinthians 1, Paul talks about how his distress brings comfort and salvation to others. How might Paul's background have influenced that thinking?
4. How could God use your story to help comfort someone who is going through a struggle in life?

## SMALL GROUP INTERACTIVE | ONE BIG MOMENT

What is one big moment in your life when you knew God was involved or you knew God was working through you.

## NEXT STEPS

*What's your story? Start to write out their 2-minute story. No need to finish before group ends...*

- *What was life like prior to meeting Jesus? (or prior to trusting Jesus for people who grew up in church)*
- *What led to your meeting or trusting Jesus?*
- *How is life different now?*

*If you have time, ask someone to share. For the next few weeks, consider starting your group discussion by having someone share their 2-minute story. It may help to put a calendar together to give people a head's up reminder of when their week to share.*

## PRAYER