

# I Don't Fit In - You Belong | LEADER GUIDE

## WELCOME BACK!

We're excited for the incredible things God is going to do in and through your Small Group this term. This week's lesson will spend a 1/3 of the lesson unpacking the big idea from the weekend teaching and spend a good amount of the remaining time discussing The Nine and helping your group name their next steps. Be sure to be aware of how much time you're taking in the beginning of group so that you'll have enough time for everyone to share their next steps.

### *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)

### *new leader tip*

*Leading a group through difficult topics creates fantastic opportunities to grow in your role as a leader. Balancing the topic of mental health with care and humility will grow your leadership and bond your group. If you don't know how to handle a question or situation, saying "I don't know" is always ok! "I don't know" gives you an opportunity to follow up later and demonstrate another layer of leadership and care.*

## THE LESSON

**ICE BREAKER:** We hope you have new people checking out your group this week! Take some time to have everyone introduce themselves to each other & share something people wouldn't guess about them.

### SCRIPTURE AND DISCUSSION QUESTIONS

This week's passage digs into the idea that God has created us all differently and that we are all needed. Take time in the group to have people share about the unique ways God has designed them, how people have encouraged them in their gifts, and how they can help encourage others.

Note: Question 2 is designed to be a bit silly while also inviting people talk about their gifts or things they're good at.

### *new leader tip*

*If someone is having a hard time sharing about what they're good at- pay attention! Find ways for the group to affirm things they see in them and/or find a time to meet individually to get to know them more. It's always okay for someone to not share, but it's important to follow-up and make sure they're doing alright outside of group.*

### SMALL GROUP INTERACTIVE

Print off a copy of The Nine found on the last page of the lesson to use during your discussion.

Have different members of your Small Group share what they know about the different squares of The Nine. On page 2 of the leader guide is a description of each square if your group needs help.

Ask your group why knowing each other's next steps is important and helps people feel like they belong.

Have each group member share what Next Step they feel God leading them to pursue this fall and write their name down on that box of The Nine. Save this paper to reference throughout the Small Group term and to celebrate when people take Next Steps with God! (If someone isn't sure of their next step that day, have them share next week in group.)

### PRAYER

Spend time in your group sharing the ways people have seen God at work in their lives and how the group can be praying for one another this week.

## EXTRA INFO

**LEADERSHIP COMMUNITY** is coming up in a few weeks. 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](#) or just show up **ROOTED** begins in February. You can find more specific information about your campus start date [here](#).

Don't forget to plan your first **outreach** of 2023!

**weekends** *attend weekend services consistently*  
come expectantly; invite someone else to attend church  
*And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching. —HEBREWS 10|24-25*

**baptism** *public profession of your belief in and commitment to Jesus Christ*  
be baptized and make some waves; help someone else take the next step of baptism  
*Peter replied, “Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit. —ACTS 2|38*

**daily encounter** *setting aside time each day to spend with God*  
begin a Bible reading plan; have someone keep you accountable to having a daily encounter time  
*Jesus got up, left the house and went off to a solitary place, where he prayed. —MARK 1|35B*

**next step groups** *topical groups that focus on faith, family, and finances*  
connect with a larger group; join a rooted group  
*So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness. —COLOSSIANS 2|6-8*

**small groups** *the best way to get connected in real community*  
Prioritize community in your schedule; help meet the needs of someone in your small group; invite someone else to your small group  
*Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. —ECCLESIASTES 2|9-10*

**coaching groups** *a group of 2 to 5 people meeting to identify and encourage specific next steps*  
find a coach (someone a few steps ahead of you); commit to being coached for a specific amount of time; determine a regular meeting schedule  
*Follow my example, as I follow the example of Christ. —1 CORINTHIANS 11|1*

**team** *using your gifts to serve the Church*  
identify how God has created you to serve; find a team to serve on; fill out a connect card and turn it in; reach out to the teams pastor at your campus for help  
*...he will not forget your work and the love you have shown him as you have helped his people and continue to help them —HEBREWS 6|10B*

**tithe** *giving generously, because God asked us to*  
download the Gyve app; commit to tithe; choose a way to increase your generosity beyond the tithe  
*Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously. Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver. —2 CORINTHIANS 9|6-7*

**go+be** *being the Church where we live, work, and play*  
take LeadOut; share your faith story with someone; meet a need of someone outside the church  
*Everyone who calls on the name of the Lord will be saved.” How, then, can they call on the one they have not believed in? And how can they believe in the one of whom they have not heard? And how can they hear without someone preaching to them? And how can anyone preach unless they are sent? —ROMANS 10|13-15*

# Mental Health And The Lies We Believe

week of **January 15**

## ICE BREAKER QUESTION

Share your name, how long you've been coming to 2|42 & something most people might not guess about you.

**this week's big idea:** *We often believe the lie that we don't fit in, but God created us to belong.*

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

## SCRIPTURE + DISCUSSION QUESTIONS

### **Read 1 Corinthians 12|12-27**

1. *What sticks out in these verses to you?*
2. *Thinking about your gifts or the things you're good at, if you had to label yourself as a body part, which part would you pick and why?*
3. *How has someone encouraged you and your gifts?*
4. *How can we be people who encourage others and help them feel like they belong?*

## GROUP INTERACTIVE: TAKING NEXT STEPS IN COMMUNITY

*Small Groups at 2|42 exist to help people take next steps with God in Biblical community. Together we learn, grow, and let Jesus transform every part of our lives.*

***The Nine** was designed to be a road map of sorts for people to take Next Steps with God. It's not only a guide to point towards a deeper relationship with God but a metric for believers to gauge their health as a follower of Christ. The Nine helps highlight different next steps we take to Know God, Grow with Others, & Change the World.*

*The Nine is further divided into degrees of next stepping and moves left to right as a progressive journey of faith.*

### **Activity:**

1. *Print off a copy of The Nine from the next page & look at it together.*
2. *Select volunteers from the group to explain the different squares.*
3. *Ask: How does knowing each other's Next Steps help us feel like we belong?*
4. *Have each person from the group share a Next Step they want to pursue taking this spring & have them sign their name in The Nine square so you can pray for, encourage, and support each other.*

## WEEKLY CHECK-IN AND PRAYER

*Share prayer requests and updates:*

- *How have you seen God working in your life the past week?*
- *How can we be praying for one another?*

# the nine

HELPING PEOPLE TAKE NEXT STEPS WITH GOD

KNOW  
GOD

weekends

baptism

daily  
encounter

GROW  
WITH  
OTHERS

next step  
groups

small  
groups

coaching  
groups

CHANGE  
THE  
WORLD

team

tithe

go+be

THE BIBLE