



Peace be the Journey With Kate Brown

APPETIZER: Be Still

Come away with me. Let us go alone to a quiet place and rest for a while.

~ Jesus

Matthew 11:28-30, Mark 4:35-41, Luke 10:38-42

DINE IN: My Soul is Overwhelmed

Exodus 14

What are some things that can rob us of our peace?

- Shame
- Fear
- Loss

Jesus gives us six examples of how to handle suffering:

1. He chose some close friends to be with him.
2. He trusted them with his most personal, private pain.
3. He asked them to “endure” with him.
4. He poured his heart out to God in prayer.
5. He trusted God with his life.
6. He focused on the hope and the future that awaited him on the other side of the cross.

Matthew 26:38-39, Hebrews 12:2

TAKE OUT:

- Greek word for “care” means “to grieve”.

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

~John 14:27

So in Christ we, though many, form one body, and each member belongs to all the others.

~Romans 12:5

Galatians 6:2, John 16:33

NEXT WEEK: Home Brewed with Jon Hand

Home Church Questions

HANGOUT [Warming Up to the Topic – in one Large Group]

1. Talk about what you remember being most interesting, encouraging, or perplexing in Sunday's message.

HEAR [Listening to God through Scripture – in Discussion Groups]

2. Read **Matthew 26:36-46**. Remember to use these questions more like a menu to choose from than a list to be fully completed.
 - a. What do you think of when Jesus talks about his soul being overwhelmed with sorrow to the point of death? Have you experienced this kind of grief? Does it change our experience of pain to know God understands? How?
 - b. In verse 38, Jesus asks his disciples to stay and watch with him. The word for stay in Greek can be translated "be present" or "endure." What are some ways we can be present with those who are grieving? Talk about some practical examples of this.
 - c. We learn from the passage that ultimately Jesus is grieving and praying alone with the Father. There are and will be seasons in our spiritual lives where the community fails us or is understandably unable to provide us with the comfort and presence that we seek. What does Jesus teach us from this passage about the experience of being alone in our grief and pain?

HUDDLE [Making It Personal and Praying Together – in Huddles]

3. Is there anything we haven't talked about in our huddle yet (spiritual, physical, emotional, or relational) that you want to surrender to God in your journey as a growing, thriving Christ-centered disciple?