



Serving Christ In Our Humanness
November 1, 2009

Wounded Healer [John 21:15-19]

Was there a time in your life in which the suffering or pain (simple or complex) in your life was helpful or comforting to someone else? Or vice-versa?

Try to explain why you think it was helpful or comforting. In your memory, was there permission to experience pain granted or received in the exchange?

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James proposed that the difference between guilt and shame is that guilt is feeling like you've made mistakes and shame is feeling like you are the mistake.

Is there an example in life you can share (not necessarily from your own) that would illustrate this distinction? How does this distinction help you in decoding emotions and feelings?

Usually, when we say that someone knows us well, we mean that we have been open and vulnerable to that person to a certain measure. Based on Jesus and Peter's relationship, what other dynamics could you name that deepens our knowledge of someone?

Besides your significant other, who would you say you know best? Why? Who would you say knows you best? Why? What experiences could you name that demonstrates this?

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Nine months from now, what would you need to have experienced in this small group for you to feel good about joining?

On a scale of 1-10, how much of a risk was it for you to join this small group? Why?

A lifeline is a hand-drawn "comic book" of your life in 8 panels (or less). Each panel visually represents a period or event in your life that tells the story of why you are who you are. Each panel can also have a title or brief descriptor. A lifeline is an amazing way to get to "know" someone and their story.

Discuss together the pros and cons of doing this as a group throughout your season.