

August 27, 2023

Supply Lines: Friends and Heart Healers (John 20:1-10, 21)

Learn how to grow trust and experience authentic community.

Warmup: Recount a time when having a friend or friends with you to share an experience made the day "off the chart" wonderful.

READ John 20:1-10 and John 21

- What experiences are the disciples sharing together?
- Name three situations in this passage in which heart healers are necessary?
- What is God saying to you in these verses?

REFLECT

- As you read these passages what is the significance of the disciples doing life together? Contemplate this quote from the sermon: "God works through many means to reach us (nature, books, sometimes even supernatural experiences), but His primary means is through each other. We carry Christ to one another." James Bryan Smith
- With two friends next to you share how you are the recipient in the quote and the receiver.
- We long for connection, to share similar emotions and experiences because it's consoling. Are you currently in a place of consolation or desolation?

RESPOND

- Heart Healers foster emotional health and stamina. Identify an area of unhealth that is depleting your stamina. Share with one person in your group then pray for one another.
- A blind spot is believing that you can thrive on your own without a heart healer, without community. This week who will you ask to be your heart healer?
- How is the Spirit leading you to respond this week?

"To transform religious and irreligious people into Fully Devoted Followers of Christ."