

August 18, 2024

## My Pain Makes Me Unusable (Mark 3:1-6)

*Warmup: If you were Jesus, what would be the most difficult to handle?*

- a. *Not getting to eat*
- b. *My family thinking I was "out there"*
- c. *Rejection by religious authorities*
- d. *Accusations of being possessed*

### READ Mark 3:1-6

- What happened in the confrontation between Jesus and the Pharisees?
- What grieves Jesus' heart to the extent that He responds with anger?
- The Pharisees and the Herodians were enemies. What does their decision in 3:6 indicate about their priorities and fears?

### REFLECT

- If you were the man with the withered hand, would you have been willing to stand up when Jesus invited you to stand before the religious elite – the Pharisees? Why or why not?
- Do you tend to think of pain as a growing experience or as a hindrance?
- Discuss in smaller groups of 3: Whether in hindsight or in a current difficult season, what factors indicate your pain is not in vain, but like forging steel in fire? Identify and name a character strength that Jesus is currently growing within you as a result of pain.

### RESPOND

- On your own: Identify the greatest source of personal pain you are currently experiencing (this is a private realization). Once you've recorded your area of greatest pain, identify a source of encouragement. What would be the greatest offering of encouragement to you in your pain? Without sharing the source of your pain, explain how someone could offer meaningful encouragement.
- Based on the answers of encouragement in the previous exercise, how can you be that person for someone in your Life Group this week and someone outside of your Life Group. On your cell phone, record when you will intentionally offer encouragement this week to someone else.
- Final takeaway: What is Jesus saying to you in your pain? Take 3 minutes by yourself to receive a word, a phrase, or picture of His answer to you and record your answer.

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