

JESUS + therapy

A Series on Mental Health

**Group
Discussion
Guide**

Week 3

HOW TO USE THIS GUIDE

There are four components to a healthy group: Word, prayer, relationships, and reaching out.

In this guide, we will study John 4:1-30 using inductive Bible study, which has three components: observation, interpretation, and application.

As the leader of your group, feel free to use whatever parts of this guide most help you do this!

CONNECT

Take sometime to break the ice and choose one of the questions below.

- What's something you did in the past that's embarrassing to think about now?
- When you did something bad as a kid, how did you handle it? Did you hide? Did you tell your parents right away? Did you cry?
- Discipleship check-in:
 - Have you prayed and read your Bible consistently the past week?
 - Who is someone you're praying to share Jesus with this week, and what's one way you can love them well?

INTRODUCTION

We're now in week three of our sermon series "Jesus + Therapy," where we'll be looking at how the Bible teaches us to bring different parts of our emotional life to Christ. We are not looking to discredit or replace the work that godly therapists do. Rather, we will be meditating on the truth that a godly approach to emotions and therapy must go through Jesus. We should go to Him first as the Great Therapist, and all other therapeutic techniques should be centered around Him.

Our third study in this series focuses on shame. In the passage, we will see what shame looks like, how it takes form, and how we should overcome it.

OBSERVATIONS

READ

John 4:1-30

DISCUSS

- How does the woman view herself? What words does she use to describe herself and her situation to Jesus?
- How does the woman act that shows that she is ashamed?
- How does Jesus approach this woman? What kind of posture does he take?
- At one point does the woman take a different posture from that of shame?

INTERPRETATION

DISCUSS

- What does the way she views herself reveal?
- In the passage, Jesus offers this woman a different kind of water than the one she is at the well to get. What is this water?
- Notice the progression of Jesus's words. Why does Jesus ask for a drink before saying the other things he does?
- How does an invitation for "living water," create change in the woman?

APPLICATION

DISCUSS

- In what ways does shame have control over your life?
- What are the lies you believe in because of your shame? What is actually true?
- Talking about things we are ashamed of is well... shameful, but it is only when we bring these things to light that the enemy no longer has a hold on us. Take time to confess to one another (as a group or in pairs), repent together, and pray truth over yourselves and each other.

PRAYER

Lord, we praise you for your salvation and deliverance from the power of sin and shame by the blood of Jesus Christ. Thank you that because of your love for us, we are no longer bound to the chains of sin. We pray that you will continue to remind us of the truth you have spoken over us and the people around us. We no longer want to live in shame, but in freedom and joy. Help us to repent and accept the grace that was freely given to us by you. Help us to see ourselves rightly before you so that we may proclaim to others the truth of who you are.

