



Church · on · the · Couch

BEYOND OUR BUBBLES

Thinking Points

1. In one word describe how your bubble has been this past week?
2. In the interview with Liz about our wellbeing, what was something that encouraged you?
3. Do you think you are becoming the best version of yourself during this lockdown season? Why or why not?
4. In the passage below from Paul, which action step challenges you the most?
5. Which of the action steps will you implement this week? What difference could this make in your bubble and beyond?
6. Paul ended the book of Galatians (in chapter 6:18) with the words, "May what our Master Jesus Christ gives freely be deeply and personally yours, my friends. Oh, yes!" How do you think living out the action steps can lead us into a deeper and more personal relationship with Jesus?

Galations 6

"Live creatively, friends. If someone falls into sin, forgivingly restore him, saving your critical comments for yourself. *You* might be needing forgiveness before the day's out. Stoop down and reach out to those who are oppressed. Share their burdens, and so complete Christ's law. If you think you are too good for that, you are badly deceived. Make a careful exploration of who you are and the work you have been given, and then sink yourself into that. Don't be impressed with yourself. Don't compare yourself with others.

Each of you must take responsibility for doing the creative best you can with your own life. Be very sure now, you who have been trained to a self-sufficient maturity, that you enter into a generous common life with those who have trained you, sharing all the good things that you have and experience. Don't be misled: No one makes a fool of God. What a person plants, he will harvest. The person who plants selfishness, ignoring the needs of others—ignoring God!—harvests a crop of weeds. All he'll have to show for his

life is weeds! But the one who plants in response to God, letting God's Spirit do the growth work in him, harvests a crop of real life, eternal life. So let's not allow ourselves to get fatigued doing good. At the right time we will harvest a good crop if we don't give up, or quit. Right now, therefore, every time we get the chance, let us work for the benefit of all, starting with the people closest to us in the community of faith."

Action Steps

1. Live creatively
2. Forgivingly restore
3. Stoop down and reach out
4. Make a careful exploration
5. Take responsibility
6. Enter into a generous common life
7. Don't be misled
8. Let God's Spirit do the growth work
9. Don't give up
10. Work for the benefit of all

Next Steps

- Take some time this week to focus on where you are currently, why you are there and who you are becoming?
- Choose 3 action steps that would be most encouraging for your life, then spend time talking to God about them.
- Share the action steps you are praying about this week, with someone you trust, then hold each other accountable.

