

The Right Support

If we want to keep going, we need to trust the right support. We are not meant to do this alone.

As we live as a Life Group in our village, there will be challenges. We will have questions. We may feel unsure or afraid.

Will people listen? Will people accept this? Can I really do this?

These are real questions and Jesus speaks directly into them.

In John 14:16–17, He says that the Father will send the Holy Spirit to be with us and to help us. We are not left on our own. God Himself is with us. This changes everything.

We are supported by God—Father, Son, and Holy Spirit. The Holy Spirit lives in us, helps us, guides us, and gives us what we need.

So when fear, doubt, frustration or division comes, we do not stop. We bring that to God. We ask for His help, and we keep going.

But we are not only supported by God. We are also supported by each other.

In a Life Group, we walk together. We encourage one another. We pray for each other. We help each other when things are difficult. This is how we stay strong.

When we trust the right support, we are able to continue. We are able to go to the right people, use the right tools, and work together.

This is how we become like strong trees—oaks of righteousness—planted by God in our villages.

We don't do this through our own strength, but by being supported by God and one another. Because of that, we can keep going.

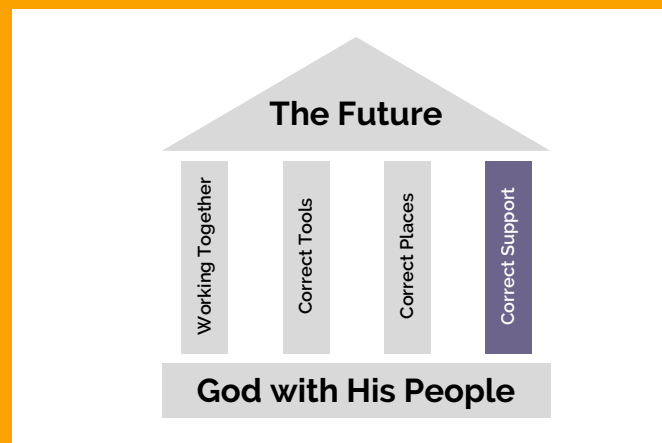
Put it into Action:

Reflect on the proverb, "If you want to go fast, go alone. If you want to go far, go together," and John 14. Discuss.

- What does it mean that the Holy Spirit is with us? Where do you feel afraid or unsure? Where do you need help?
- Reflect on the people you've spent time with, and the situations you've supported people in. What has been easy? What has been hard? What does it look like to keep going?

Pray that:

- 1) The Holy Spirit will help you as you keep loving those around you.
- 2) You will be united as you work together.



Seven Life Groups came through the COVID restrictions of 2020, sustained by continuous fellowship and meditation on the Bible. Many could recall verses by heart, and their faith grew from that grounding in the Word. They prayed for one another and checked in often, in person and by phone, which built a deep family bond. The materials they used were simple and relevant to daily rural life, helping them see God at work even in despair. They took ownership of their group and community, sensing that God had brought them dignity and purpose.

- Moses, Namibia

Maybe you're asking:

Can I keep going?

If you are struggling right now, ask God to give you the courage to speak to one or two trusted people who can stand with you.

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