



Belpres Church

The God Who Suffers For Me

Ice-breaker Question: If you had to delete all but three apps off of your phone, which ones would you keep?

Opening Prayer: Jesus, help us grasp how loved we are by You. We're listening. Show us where Your love meets our pain.

Practice Reflection Questions:

What stands out from your prayer or journaling time this week? Did you pursue a nudge or prompt to action? What did you do and how did it go? Did your family try the family practice? How did that go?

This Week's Scripture:

Hebrews 11:32-12:2

“And what more shall I say? I do not have time to tell about Gideon, Barak, Samson and Jephthah, about David and Samuel and the prophets, ³³ who through faith conquered kingdoms, administered justice, and gained what was promised; who shut the mouths of lions, ³⁴ quenched the fury of the flames, and escaped the edge of the sword; whose weakness was turned to strength; and who became powerful in battle and routed foreign armies. ³⁵ Women received back their dead, raised to life again. There were others who were tortured, refusing to be released so that they might gain an even better resurrection. ³⁶ Some faced jeers and flogging, and even chains and imprisonment. ³⁷ They were put to death by stoning; they were sawed in two; they were killed by the sword. They went about in sheepskins and goatskins, destitute, persecuted and mistreated— ³⁸ the world was not worthy of them. They wandered in deserts and mountains, living in caves and in holes in the ground.

³⁹These were all commended for their faith, yet none of them received what had been promised, ⁴⁰since God had planned something better for us so that only together with us would they be made perfect.

12 Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, ²fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.”

Scripture Reflection Questions: Read this week’s scripture together and discuss the following (note: we use the same scripture reflection questions each week so that we can practice using the same tools over time as we examine different scriptures)

- What do we learn about God’s story in this passage?
- What do we learn about our story in this passage?

Talk:

- When you picture Jesus choosing the cross, what do you feel? Relief, awe, worthiness, discomfort?
- Where are you still trying to earn His love by performing, behaving, impressing?
- Who in your world right now needs to hear, “You matter, even when you can’t pay love back”?

Action Plan:

Review the action prompt below, share any initial ideas of how you might pursue this practice this week.

- Identify one person who may not be able to return a favor or respond with emotional energy right now.
- Offer a concrete, sacrificial kindness: run their errand, cover their shift, pay their bill or meal quietly, babysit for free, drop groceries, or show up and sit, without fixing.

The point is no repayment. Just love that looks like Jesus.

Closing Group Prayer:

Spend a few minutes together in your group sharing prayer requests and then praying together for each other. Take the challenging parts of your conversation to Jesus. Thank God for the time together, the conversation

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shared, the other people in the group, and for encouragement for the week ahead.