

Main Scripture: Hebrews 13:7, 17-19

What is the role of a leader?

They keep watch (v 17).

They give an account (v 17).
(1 Pet 5:2-4, Lk 22:24-26, Phil 2:6-8)

What is the role of a follower?

They need to submit.
(Eph 1:10)

They need to be obedient.
(Matt 28:18)

They need to pray for their leaders (v 18).

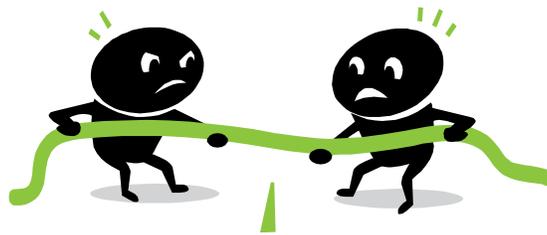
*“We all are called to lead and to follow.”
Great followers make the best leaders.”*

BUILDING CONSENSUS AND WORKING TOGETHER

Based on Ephesians 4:1-4, 15, 25-27, 29-32, and 5:1-2

DO...

- ◆ LISTEN - God has given us two ears and one mouth; try to listen twice as much as you talk (Ephesians 4:29 "according to their needs," serving others, listening)
- ◆ SEEK - to really understand your spouse's concerns (Ephesians 4:2)
- ◆ VALIDATE - care about your spouse's perspective (Romans 12:3, 10)
- ◆ EMPATHIZE - aim to understand and have compassion for how he/she feels (Romans 12:15)
- ◆ APOLOGIZE - for your part in order to re-establish safety and trust (1 John 1:7-9)
- ◆ FORGIVE - don't let the sun go down before the issue is settled (Ephesians 4:26, 32)
- ◆ GET HELP - if you need it; someone to referee (Matthew 18:15-17)
- ◆ EXPRESS - real feelings
- ◆ SPEAK - in a respectful tone (Proverbs 15:1, 16:24; Romans 13:7; 1 Peter 2:17)



DO NOT...

- ◆ YELL - your opponent can tell you if you are too loud (Ephesians 4:29)
- ◆ LABEL, NAME-CALL, ASSASSINATE YOUR PARTNER'S CHARACTER OR BELITTLE THE ISSUES - "come on grow up" (Ephesians 4:29 "building up")
- ◆ MIND-READ - telling your spouse what he/she is thinking or feeling (Ephesians 4:25 "truth")
- ◆ GENERALIZE - "You never ..." or "I'm always ..." or exaggerate (Ephesians 4:25 "Is that true?")
- ◆ DWELL ON THE PAST - if it has been forgiven, it should be forgotten (Ephesians 4:31 "bitterness")
- ◆ AVOID THE ISSUES, IGNORE OR WALK AWAY - deal with one issue at a time; it is okay to ask permission for a time to cool but issues must be dealt with (Ephesians 4:31 "bitterness")
- ◆ SULK (Ephesians 4:31)
- ◆ PICK A BAD TIME - in public, during headaches or illness (Ephesians 4:32)
- ◆ WITHHOLD AFFECTIONS AS A PUNISHMENT (1 Corinthians 7:3-5 married couples)
- ◆ USE 'YOU' STATEMENTS - "You make me mad", etc. Nobody has that power. You decide to act mad. Instead use "I" statements, "I feel mad."
- ◆ BRING OTHERS INTO THE FIGHT FOR SUPPORT - "I'm going to tell Mom."

Summer 2022

The Small Group Sermon Study Hebrews Series



Opening Prayer: *Father, in Jesus' name, through the Holy Spirit, come and speak to us, teach us and transform us as we read, discuss and reflect on Your word.*

Read the key passage(s) of Scripture from the message and review the points from the sermon notes, then answer the following questions:

1. What did you like or appreciate about this message? What was new or surprising to you?
2. What do we learn from this passage and message about God (Father, Jesus, Holy Spirit)? What do we learn about who He is, how He feels, what actions He takes, etc.?
3. What does this passage tell us about responding to God? What does living by faith look like in this passage?
4. What don't you understand or what other questions does this passage/sermon make you ponder?
5. What challenges are being brought to light in this sermon/passage? Are there any obstacles to which you can relate?
6. What attitudes, emotions, behaviours, or ideas are being exposed? How do they line up with what we know about God's character and His word?

Personal Reflection:

Silently re-read the key Scripture(s) from the message, asking the Holy Spirit to speak to you.

- What do you need to surrender to Jesus? How will you respond to what God is showing you?
- What verse, phrase or word do you need to take with you this week? How will you act on what you've heard?

Prayer: Spend time praying for one another (that we would grow in our love for God and others, that we would be transformed by what God has revealed, that we would be alert and obedient to God, etc.).