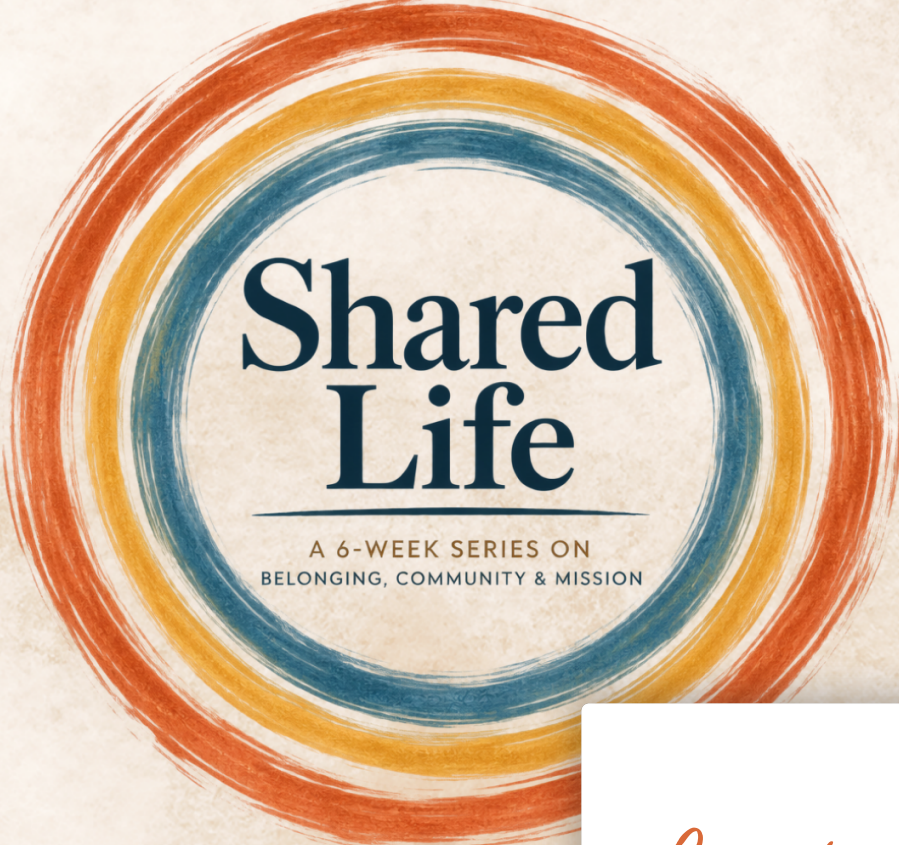




Shared Life

A 6-WEEK SERIES ON
BELONGING, COMMUNITY & MISSION

Share the Truth

**I can be deeply
loved when I allow
myself to be
deeply known.**

TEACHING SUMMARY

Loneliness and disconnection are everywhere. Even when we're surrounded by people, many of us still long to be known, understood, and connected in a deeper way. But meaningful relationships rarely happen by accident.

The New Testament gives us a picture of community where people are more than familiar faces in the same room. They share life together.

Jesus invites us to move beyond simply asking, "Who is making room for me?" and instead become people who create belonging wherever we go.

ICEBREAKER

How did it go with last week's exercise: Sharing a meal together with a few others?

SCRIPTURE

Romans 7:21-25, 8:1-2
+ others in teaching video



LEARNING FROM HIS STORY

1. Why do you think Christians struggle to experience the reality of “no condemnation in Christ Jesus” (Romans 8:1)?
2. Why do you believe the early Christian practice of confessing to one another has fallen out of practice in our place and time?
3. What are we missing out on if we only confess to God, not others?

EXAMINING OUR OWN STORY

4. Where did you feel challenged or invited as you listened?
5. What do you notice about how shame affects your interactions with God and others?
6. What thoughts or feelings emerge when you consider the possibility of being “fully known and fully loved” in community?

WRITING A NEW STORY

THIS WEEK’S EXERCISE: **Find a confessor and confess your sins.**

Who will you confess to? A trusted friend, pastor, mentor. Anyone you feel safe with and believe would love you no matter what.

What will you confess? Start small by just naming an ongoing struggle in your life. Or share a thing you’ve been hiding a long time.

If you receive a confession: Listen, forgive them in Jesus’ name, reassure them that you still love them.

TAKING TIME TO PRAY

Help us Father, to not live in the shadows of shame and fear, nor to believe in the lie we’re unwanted, or unlovable. Teach us to share the load, and to help others release theirs. Amen.

