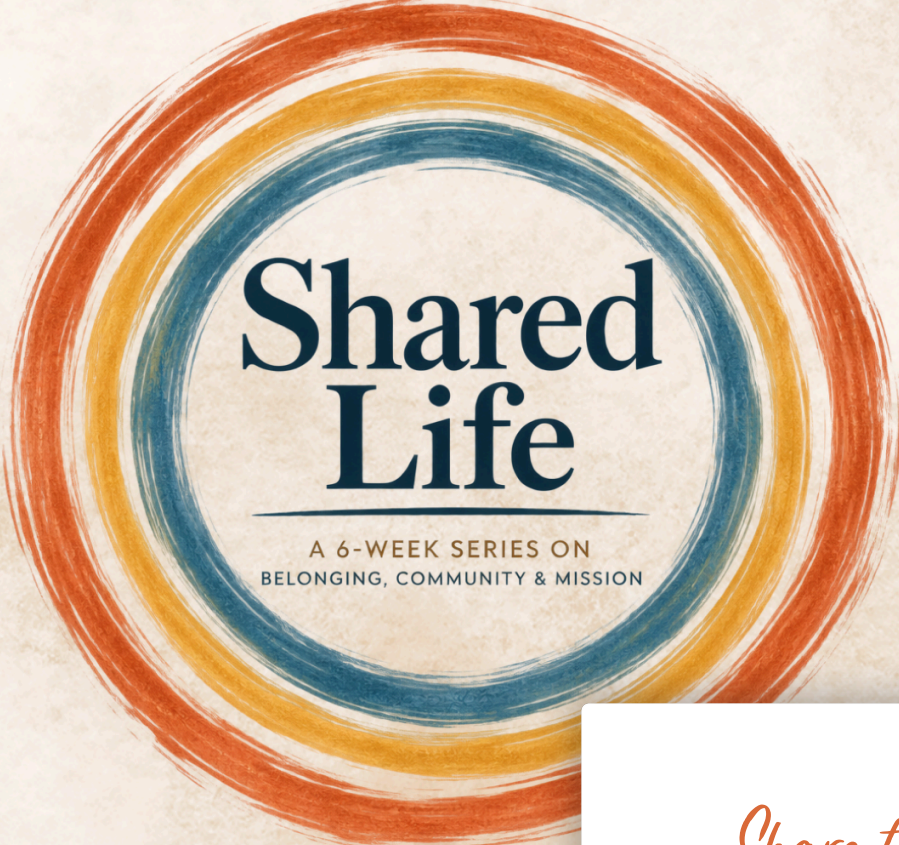




Shared Life

A 6-WEEK SERIES ON
BELONGING, COMMUNITY & MISSION

Share the Burden

I can help carry the weight of others' joys and sorrows.

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

Would you rather celebrate with a: A) big party or small gathering? B) fancy dinner or favorite meal at home? C) gifts or experiences? D) ice cream or... ice cream??? 😊

SCRIPTURE

Mark 14:22-24

+ others in teaching video



LEARNING FROM HIS STORY

1. What do you make of the idea that the Lord's Supper is intended to be simultaneously a joyful celebration and a sober reminder?
2. What do you make of the idea of joy being an act of defiance?
3. How well do you feel our culture does at celebrating together?
How about being present with each other in our low times?

EXAMINING OUR OWN STORY

4. Does the act of celebrating – whether it is celebrating yourself or someone else – feel natural or unnatural to you? Why?
5. On a scale of 1 to 10, where 10 represents complete transparency and 1 represents no transparency, how transparent are you in your current relationships? Why do you think that is?
6. Reflect on a positive and a negative experience you've had sharing your burdens in a relationship or group. What made the difference?

WRITING A NEW STORY

THIS WEEK'S EXERCISE: **Share your highs and lows from the week.**

High. What are you grateful for, excited about, or finding joy in?

Low. What are you grieving, fearful about, or finding difficult?

Bonus: Water Buffalo. It rhymes so well with High-Low! It also injects some levity as you share something random or unexpected!

TAKING TIME TO PRAY

God, you held nothing of yourself back from us, sharing your life, your joys, and your sorrows. Help us to do the same with each other now, finding true belonging, today. Amen.

Access our curriculum digitally
through the Small Groups tab
of our church's app.

