

Plenty Good Room



Ain't-a Dat Good News? Shouldering the Cross

Welcome to the Bridge! It's a joy to share this new study with you during this season of Lent entitled *Plenty Good Room*. During this study, we focus on one of the African American spirituals as our theme along with scripture, as we journey together towards Holy Week and Easter.

Life is full of contradictions, and a life following Christ is no exception. Take these words of Jesus, for example: Come to me, all you who are struggling hard and carrying heavy loads, and I will give you rest... My yoke is easy to bear, and my burden is light. (Matthew 11:28, 30)

A yoke is a collar used on beasts of burden. It is not easy or comfortable for them; they struggle against it. And a burden is called a burden precisely because it is heavy. Therein lies the contradiction; a yoke is not easy, and a burden is not light.

A cross is a burden, yet our enslaved ancestors, who knew something about heavy burdens, sang joyfully about lifting it onto their shoulders. As opposed to the contemporary need for instant gratification, they took the long view.

They knew they had nothing, not even their own bodies, down here on earth. In making a decision to take up the cross of Christ and follow in his discipline, they exercised free will and exchanged a worldview of oppression for a kingdom perspective where God would eventually provide all that they needed. And that was good news!

Key Scripture: Matthew 27:27-37

1. Simon of Cyrene (Matthew 27:32-33)
2. The Soldiers (Matthew 27:34-37)
3. Transformation (Mark 14:22-26)

Scripture References: Matthew 11:28, 30, Psalm 22:8, Psalm 69:20, Isaiah 53:7, Matthew 25:40, Mark 15:21, Acts 11:20, Romans 16:13, Luke 3:14.

DISCUSSION POINTS

1. What did you do when you were bullied?
2. Besides attending church, how do you spread the good news of Jesus Christ?
3. How do we shoulder the cross in a way that brings healing and transformation to the world? How do we continue to have hope that leads to joy "up in-a dat Kingdom" while never ignoring or neglecting the needs of this world?

CHALLENGE: What is one “a-ha” moment you had in our group discussion today. Note it and write it down. If you applied your learning from this week’s message, how would the next week be different for you?

SERVE: How is God calling us to live out this message this week? As individuals? As a group?

ANNOUNCEMENTS: Take this time to share group announcements. Church wide and campus specific announcements can be found at www.myspbc.org. You can also “find, follow and like” our Facebook page at www.facebook.com/myspbc. Turn on your notifications.

CELEBRATIONS: Take this time to share praise reports (e.g., answered prayers, birthdays, anniversaries, promotions).

PRAYER REQUESTS AND PRAYER: Take this time to share prayer requests. Close with prayer.

We Care!

NOTICE: PLEASE BE PATIENT AS WE GRADUALLY REOPEN OUR CAMPUSES IN THE SAFEST MANNER POSSIBLE. As a part of our faith community, we want to provide you with the information you need to “*find needs and meet them, find hurts and heal them, find problems and solve them.*” Here’s a list of resources to help you.

FOR PRAYER:

CALL: 804.463.2472

EMAIL: prayer@myspbc.org.

FOR COUNSELING:

CALL: 804.643.6177

EMAIL: Barnabas@myspbc.org

TO REQUEST A HOSPITAL VISIT:

CALL: 804.304.3890 (For Emergencies)

EMAIL: ecare@myspbc.org.

TO REQUEST FUNERAL SUPPORT:

CALL: 804.304.3890 (Pastor On Call)

EMAIL: ecare@myspbc.org.

TO FIND A SUPPORT GROUP:

CALL: 804.643.6177

EMAIL: Barnabas@myspbc.org.

TO REQUEST EMERGENCY ASSISTANCE:

CALL: 804.643.4000

EMAIL: emergencyassistance@myspbc.org.

TO CONTACT MY LIFE STAGE PASTOR:

CALL: 804.643.4000 and Press 1 for the Dial By Name Directory

OR EMAIL THEM DIRECT USING THE LINKS BELOW:

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