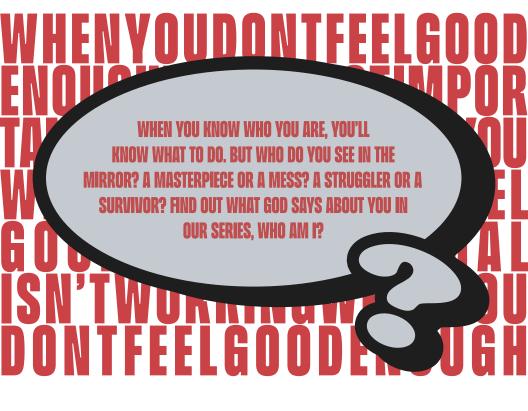


WHENYOUDONTFEELGOOD



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WHEN YOU DON'T FEEL GOOD ENOUGH

WEEK 1

SMALL GROUP STUDY

Kicking It Off:

Name some of your favorite things or "masterpieces."

Big Idea:

With Christ, you are God's masterpiece.

Key Scriptures:

Ephesians 2:10 NLT For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.

Ephesians 2:4-5 NLT

But God is so rich in mercy, and he loved us so much, that even though we were dead because of our sins, he gave us life when he raised Christ from the dead. (It is only by God's grace that you have been saved!)

Discussion:

 In what ways do you feel like you fall short?

- When did you first realize your need for a Savior? What was that experience like?
- 3. Read Ephesians 2:10. God says you are His masterpiece. How does this truth make you feel? What does it tell you about God?
- 4. God has given all of us a purpose. Before we were born, He set aside good things for us to do. What are some of the "good things" God has called you to do? Consider the big things and the small things.

Group Prayer:

Father, thank You for making us Your masterpieces. Please help us to see ourselves as Your precious creation. We believe that You've created us for good works. Show us the plans You have for us, so we can fully step into the life You've given us. In Jesus' name, amen.

This Week:

Spend time reflecting on Ephesians 2:10 this week. Write

the verse down and put it somewhere that you will read it every day. After reading it, meditate on it and pray about it.

Prayer Focus:

Pray for our JOY (55+) ministry. Pray that through the events this month, they would find Christ-centered community.

Memory Verse:

FOR WE ARE GOD'S MASTERPIECE. HE HAS CREATED US ANEW IN CHRIST JESUS, SO WE CAN DO THE GOOD THINGS HE PLANNED FOR US LONG AGO.

— EPHESIANS 2:10 NLT

YOUR MOST IMPORTANT ASSIGNMENT

WEEK 2

SMALL GROUP STUDY

Following Up:

How did your reflection on Ephesians 2:10 go last week?

Kicking It Off:

Share one thing you're passionate about.

Big Idea:

We are God's ambassadors, and this impacts the way that we live our lives.

Key Scriptures:

2 Corinthians 5:17-21
Therefore, if anyone is in Christ, the new creation has come:
The old has gone, the new is here! All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: that God was reconciling the world to himself in Christ, not counting people's sins against them. And he has committed to us the message of reconciliation. We are therefore Christ's ambassadors, as though

God were making his appeal through us. We implore you on Christ's behalf: Be reconciled to God. God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.

Discussion:

- Read 2 Corinthians 5:17-21. God says you are His ambassador. How does this truth make you feel? What does it tell you about God?
- 2. What are some barriers that prevent people from living as Christ's ambassadors?
- 3. Share about a time when you were rejected. How has that experience influenced the way you engage with others? How can the truth that God has chosen you change the way you view yourself?
- 4. Talk about what it looks like to bring heaven to earth. What does this mean to you, and how does this impact the way that you live?

Group Prayer:

Father, thank You for calling us Your ambassadors. We want to represent You well to the people around us in our home, at work, and in our day-to-day lives. We're choosing to step into the authority You've given us so we can grow Your Kingdom. In Jesus' name, amen.

This Week:

Take one step this week to reflect God's Kingdom to those around you. Be ready to share about your experience with your group next week.

Prayer Focus:

Pray for our upcoming Skill School week. Pray for our volunteers, for nice weather for the outdoor clinics, and that kids would hear the Gospel message.

Memory Verse:

YOU DID NOT CHOOSE ME, BUT I CHOSE YOU AND APPOINTED YOU SO THAT YOU MIGHT GO AND BEAR FRUIT-FRUIT THAT WILL LAST-AND SO THAT WHATEVER YOU ASK IN MY NAME THE FATHER WILL GIVE YOU.

JOHN 15:16

WHEN WHAT YOU DO DOESN'T FEEL GOOD ENOUGH

WEEK 3

SMALL GROUP STUDY

Following Up:

How did you choose to act on the mission of bringing heaven to earth this past week?

Kicking It Off:

What did you want to be when you were growing up?

Big Idea:

Just like light spreads and eliminates darkness, we are called to share Jesus' light and love wherever we go.

Key Scriptures:

Matthew 5:13-16

"You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot. You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand,

and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven."

Discussion:

- 1. Read Matthew 5:13-16. What stands out to you in this passage? What does it tell you about who you're called to be as a follower of Jesus?
- 2. What are some words you would use to describe yourself? Do these words reflect who you are in Christ? Why or why not?
- 3. Have you ever experienced a time when you forgot who you were? How did that influence the way you lived and the decisions you made?
- 4. How are you currently living in your identity as the salt of the earth and light of the world? Share one way you can share Jesus' love this week.

Group Prayer:

Father, thank You for caring more about who we are than what we do. Remind us that we are the salt of the earth and the light of the world. Show us how we can share Your good news with the people around us. Please help us walk confidently in who You've created us to be. In Jesus' name, amen.

This Week:

Find a small way to share God's light with those around you this week. Share your ideas and experiences with your group.

Prayer Focus:

Happy Father's Day (June 15)! Pray for the fathers and father-figures at Sunnybrook. Pray that they would disciple those that God has placed in their life and to be a reflection of Him and His character.

Memory Verse:

IN THE SAME WAY, LET YOUR LIGHT SHINE BEFORE OTHERS, THAT THEY MAY SEE YOUR GOOD DEEDS AND GLORIFY YOUR FATHER IN HEAVEN.

- MATTHEW 5:16

NORMAL ISN'T WORKING

WEEK 4

SMALL GROUP STUDY

Following Up:

What small ways did you find to share God's light with those around you this past week? How did it go?

Kicking It Off:

Where are you from and what is your favorite thing about that place? Share a memory about it.

Big Idea:

As citizens of heaven, we are called to think and live differently from this world.

Key Scriptures:

Philippians 3:18-20 NLT For I have told you often before, and I say it again with tears in my eyes, that there are many whose conduct shows they are really enemies of the cross of Christ. They are headed for destruction. Their god is their appetite, they brag about shameful things, and they think only about this life here on

earth. But we are citizens of heaven, where the Lord Jesus Christ lives. And we are eagerly waiting for him to return as our Savior.

Colossians 3:1-2
Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things.

Discussion:

- 1. Read Philippians 3:18-20. How do these verses influence your perspective on where you are from?
- 2. Read Colossians 3:1-2. What are some ways you can set your mind on things above?
- 3. How is the culture around you different from the ways God is calling you to live? How can you choose to resist the current of culture?
- Everyone has areas of their lives where they aren't reflecting their identity as followers of Jesus. Share one

area of your life where you're not living as a citizen of heaven. What would it look like to live more like Jesus in that area?

Group Prayer:

Father, thank You for calling and creating us to be different. Please help us to resist the current of culture. We hope the people around us gain a better idea of Your love, care, and compassion as they see us living differently than the world. In Jesus' name, amen.

This Week:

Consider how you can live more like a citizen of heaven. Take a step to live more like Jesus this week.

Prayer Focus:

Thank God for the opportunity for our Sunnybrook Worship Team to lead worship at RiseFest, a local Christian music festival. Pray for those in attendance, volunteers, good weather, and for hearts to be lead to Christ.

Memory Verse:

DON'T COPY THE BEHAVIOR AND CUSTOMS OF THIS WORLD, BUT LET GOD TRANSFORM YOU INTO A NEW PERSON BY CHANGING THE WAY YOU THINK. THEN YOU WILL LEARN TO KNOW GOD'S WILL FOR YOU, WHICH IS GOOD AND PLEASING AND PERFECT.

— ROMANS 12:2 NIT

WEEKLY MEM

FOR WE ARE GOD'S MASTERPIECE. HE HAS CREATED US ANEW IN CHRIST JESUS, SO WE CAN DO THE GOOD THINGS HE PLANNED FOR US LONG AGO.

EPHESIANS 2:10 NLT

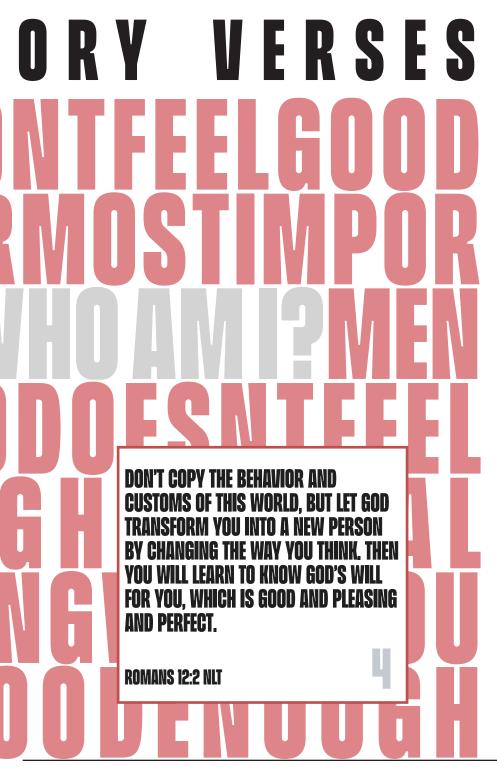
YOU DID NOT CHOOSE ME, BUT I CHOSE YOU AND APPOINTED YOU SO THAT YOU MIGHT GO AND BEAR FRUIT—FRUIT THAT WILL LAST—AND SO THAT WHATEVER YOU ASK IN MY NAME THE FATHER WILL GIVE YOU.

JOHN 15:16

IN THE SAME WAY, LET YOUR LIGHT SHINE BEFORE OTHERS, THAT THEY MAY SEE YOUR GOOD DEEDS AND GLORIFY YOUR FATHER IN HEAVEN.

MATTHEW 5:16

3



Top Tips for Leading a Small Group

- 1. Establish a welcoming, accepting, and safe environment.
 - Take time to prepare.
 - Make sure to give a warm enthusiastic greeting to each person.
 - Verbally communicate the environment that you hope to create.
- 2. On the opening night of your group you need to have some intentional discussions centered around these questions:
 - What is the purpose of our group?
 - What is the vision for our group?
 - What are your expectations?
 - What do you hope to gain from this group experience?
 - What are some things we value as a group?
 - What are some healthy guidelines we need to have in place? Review and sign a group agreement.
- 3. Be authentic. Spend time sharing your life stories in order to get to know each other on a deeper level.
- 4. Find a good balance between:
 - Truth and grace/Bible study and life
 - Encouraging and challenging one another
 - Giving and receiving feedback from each other
- 5. Ask good questions to stimulate good discussion. Use open ended questions and follow up questions.
- 6. Hang out together, do things socially, eat together and have fun together!
- 7. Develop a missional lifestyle, find a service project to do together in the community.
- 8. Raise up new leadership by rotating facilitation of the group.
- 9. Share the responsibilities in order to increase individual commitment and ownership of the group.
- 10. Pray for your group and for each other!

Find ways to celebrate what God is doing in your group! Who else could you invite to join you in order that their life may be impacted by what God is doing in your group?

Group Agreement

OUR PURPOSE

To transform our spiritual lives by cultivating our spiritual health in a healthy small group community. In addition, we: _____

OUR VALUES

Group Attendance: To give priority to the group meeting. We will call or email if we will be late or absent.

Safe Environment: To help create a safe place where people can be heard and feel loved. (Please, no guick answers, snap judgments, or simple fixes.)

Respect Differences: To be gentle and gracious to people with different spiritual maturity, personal opinions, temperaments, or imperfections. We are all works in progress.

Confidentiality: To keep anything that is shared strictly confidential and within the group, and to avoid sharing improper information about those outside the group.

Encouragement for Growth: To be not just takers but givers of life. We want to spiritually multiply our life by serving others with our God-given gifts.

Welcome for Newcomers: To keep an open chair and share Jesus' dream of finding a shepherd for every sheep.

Shared Ownership: To remember that every member is a minister and to ensure that each attender will share a small team role or responsibility over time.

R

Date we will review this agreement again _____

otating Hosts/Leaders and Homes: To encourage different people to host the group in
neir homes, and to rotate the responsibility of facilitating each meeting.
OUR EXPECTATIONS
Refreshments/mealtimes
Childcare
When we will meet (day of week)
Where we will meet (place)
We will begin at (time) and end at
We will do our best to have some or all of us attend a worship service together.
Our primary worship service time will be
Date of this agreement

Who (other than the leader) will review this agreement at the end of this study

WHO AM 12



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