

4 WEEKS

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## WEEK 1

# QUIT

## COMPARING

### SMALL GROUP STUDY

#### Kicking it off:

Why do you think we have such a tendency to compare ourselves to others?

#### Big Idea:

Comparison kills.

#### Key Scriptures:

### GENESIS 4:3-8

*"In the course of time Cain brought some of the fruits of the soil as an offering to the Lord. And Abel also brought an offering—fat portions from some of the firstborn of his flock. The Lord looked with favor on Abel and his offering, but on Cain and his offering he did not look with favor. So Cain was very angry, and his face was downcast. Then the Lord said to Cain, "Why are you angry? Why is your face downcast? If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have*

*you, but you must rule over it." Now Cain said to his brother Abel, "Let's go out to the field." While they were in the field, Cain attacked his brother Abel and killed him."*

### 1 SAMUEL 18:6-8

*"When the men were returning home after David had killed the Philistine, the women came out from all the towns of Israel to meet King Saul with singing and dancing, with joyful songs and with timbrels and lyres. As they danced, they sang: "Saul has slain his thousands and David his tens of thousands." Saul was very angry; this refrain displeased him greatly. "They have credited David with tens of thousands," he thought, "but me with only thousands. What more can he get but the kingdom?"*

### JOHN 21:20-22

*"Peter turned and saw that the disciple whom Jesus loved was following them. (This was the one who had leaned back*

against Jesus at the supper and had said, "Lord, who is going to betray you?") When Peter saw him, he asked, "Lord, what about him?"<sup>2</sup> Jesus answered, "If I want him to remain alive until I return, what is that to you? You must follow me."

### Discussion:

1. When is comparison healthy and/or helpful and when is comparison unhealthy and/or hurtful?
2. Recall a time when you compared yourself to another person. What was the comparison and what was the result of your thoughts?
3. Read Genesis 4:3-8. What was the cost of comparison for these two brothers?
4. Read 1 Samuel 18:6-8. What is the comparison that is being made in this passage? What is Saul's reaction and why?
5. What was the cost of comparison for Saul?
6. Read John 21:20-22. What is the comparison that Peter is making?
7. What is Jesus' response and what do we learn from it?
8. What specific areas in your life are you more prone to compare yourself against

others?

9. What has been the cost of comparison for you?

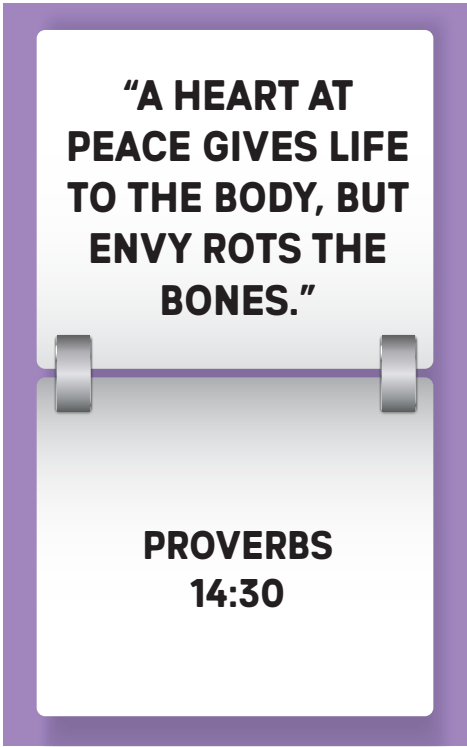
### Wrapping It Up:

Identify the person you are most prone to compare yourself to and pray this week for the success of that person.

### Prayer Focus:

Pray for the Sunnybrook Summer Crew who are volunteering in our kids ministry for the summer programming.

### Memory Verse:



**"A HEART AT  
PEACE GIVES LIFE  
TO THE BODY, BUT  
ENVY ROTTS THE  
BONES."**

**PROVERBS  
14:30**

## WEEK 2

# QUIT COMPLAINING

### SMALL GROUP STUDY

#### Kicking it off:

What are two things you complain about most often and why?

#### Big Idea:

Complaining often reveals a self-centered heart.

#### Key Scriptures:

##### EXODUS 2:23-25

*"During that long period, the king of Egypt died. The Israelites groaned in their slavery and cried out, and their cry for help because of their slavery went up to God. God heard their groaning and he remembered his covenant with Abraham, with Isaac and with Jacob. So God looked on the Israelites and was concerned about them."*

##### PSALM 6:3-6

*"My soul is in deep anguish. How long, Lord, how long?"*

*Turn, Lord, and deliver me; save me because of your unfailing love.*

*Among the dead no one proclaims your name.*

*Who praises you from the grave?*

*I am worn out from my groaning.*

*All night long I flood my bed with weeping and drench my couch with tears."*

##### EXODUS 15:22-24

*"Then Moses led Israel from the Red Sea and they went into the Desert of Shur. For three days they traveled in the desert without finding water. When they came to Marah, they could not drink its water because it was bitter. (That is why the place is called Marah. So the people grumbled against Moses, saying, "What are we to drink?"*

##### DEUTERONOMY

##### 1:26-27

*"But you were unwilling to go up; you rebelled against the command of the Lord your God.*

You grumbled in your tents and said, "The Lord hates us; so he brought us out of Egypt to deliver us into the hands of the Amorites to destroy us."

## **NUMBERS 11:4-15**

*"The rabble with them began to crave other food, and again the Israelites started wailing and said, "If only we had meat to eat! We remember the fish we ate in Egypt at no cost—also the cucumbers, melons, leeks, onions and garlic. But now we have lost our appetite; we never see anything but this manna!"*

*The manna was like coriander seed and looked like resin. The people went around gathering it, and then ground it in a hand mill or crushed it in a mortar. They cooked it in a pot or made it into loaves. And it tasted like something made with olive oil. When the dew settled on the camp at night, the manna also came down. Moses heard the people of every family wailing at the entrance to their tents. The Lord became exceedingly angry, and Moses was troubled. He asked the Lord, "Why have you brought this trouble on your servant? What have I done to displease you that you put the burden of all these people on me? Did I conceive all*

*these people? Did I give them birth? Why do you tell me to carry them in my arms, as a nurse carries an infant, to the land you promised on oath to their ancestors? Where can I get meat for all these people? They keep wailing to me, 'Give us meat to eat!' I cannot carry all these people by myself; the burden is too heavy for me. If this is how you are going to treat me, please go ahead and kill me—if I have found favor in your eyes—and do not let me face my own ruin."*

## **PHILIPPIANS 2:14-15**

*"Do everything without grumbling or arguing, so that you may become blameless and pure, "children of God without fault in a warped and crooked generation."*

### **Discussion:**

1. Read the first four key Scriptures above. The first two passages describes people who are groaning; the second two describes people who are grumbling/complaining. What are the differences between the two situations?
2. Read Numbers 11:4-15. What and who started the complaining?

3. What was the impact on the Israelites?
4. What was Moses' reaction to the situation and why?
5. Though it may be easy to dismiss the Israelites as ungrateful, what perspective might they have if they were here to evaluate the things we complain about?
6. Consider what posture you take and what settings you are in when you are groaning, compared to when you are grumbling/complaining. What's the difference and why?
7. Read Philippians 2:14-15. A critical difference between groaning and complaining is the focus of attention. The former is God-centered, while the latter is self-centered. What steps can you take this week to be more fully centered on God?

## Memory Verse:

**"DO EVERYTHING WITHOUT GRUMBLING OR ARGUING, SO THAT YOU MAY BECOME BLAMELESS AND PURE, CHILDREN OF GOD WITHOUT FAULT IN A WARPED AND CROOKED GENERATION."**

**PHILIPPIANS  
2:14-15**

## Wrapping It Up:

Take time to pray together regarding the steps you'll take to be more fully centered on God this week.

## Prayer Focus:

Pray for our Sunnybrook Student Ministry summer interns and the weekly summer programming for middle and high school students.



## WEEK 3

# QUIT HIDING

### SMALL GROUP STUDY

#### Kicking it off:

Describe your favorite place to play Hide and Go Seek when you were a child.

#### Big Idea:

You can trust God – there is no need to hide from Him.

#### Key Scriptures:

### GENESIS 3:1-13, 21

*“Now the serpent was more crafty than any of the wild animals the Lord God had made. He said to the woman, “Did God really say, ‘You must not eat from any tree in the garden?’” The woman said to the serpent, “We may eat fruit from the trees in the garden, but God did say, ‘You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.’” “You will not certainly die,” the serpent said to the woman. “For God knows that when you eat from it your eyes*

*will be opened, and you will be like God, knowing good and evil.” When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it. Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves. Then the man and his wife heard the sound of the Lord God as he was walking in the garden in the cool of the day, and they hid from the Lord God among the trees of the garden. But the Lord God called to the man, “Where are you?” He answered, “I heard you in the garden, and I was afraid because I was naked; so I hid.” And he said, “Who told you that you were naked? Have you eaten from the tree that I commanded you not to eat from?” The man said, “The woman you put here with me—*

she gave me some fruit from the tree, and I ate it."Then the Lord God said to the woman, "What is this you have done?"The woman said, "The serpent deceived me, and I ate."... The Lord God made garments of skin for Adam and his wife and clothed them."

## PSALM 139:7-18

*"Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there. If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast. If I say, "Surely the darkness will hide me and the light become night around me," even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you. For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. Your eyes saw my*

*unformed body; all the days ordained for me were written in your book before one of them came to be. How precious to me are your thoughts,[a] God! How vast is the sum of them! Were I to count them, they would outnumber the grains of sand— when I awake, I am still with you."*

## ROMANS 8:38-39

*"For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord."*

### Discussion:

1. Read Genesis 3:1-21. What happened after Adam and Eve ate the fruit- how did they respond?
2. What was God's response?
3. When God called out to Adam and Eve in the garden, what was their response and the reason for it?
4. How might you compare your own tendency to hide with Adam and Eve's actions in this passage?
5. What reasons do you have for sometimes "hiding"?

6. What is your “go to” reaction when you want to hide?
7. What is hiding costing you?
8. Read Psalm 139:7-18 and Romans 8:38-39. What do you learn from these passages about God’s intentions for you, particularly when it comes to hiding?

## **Wrapping It Up:**

Identify one step you can take this week to come out of hiding.

## **Prayer Focus:**

Pray for the hundreds of kids and volunteers who will be part of Skill School this week.

## **Memory Verse:**

**“FOR I AM CONVINCED  
THAT NEITHER DEATH  
NOR LIFE, NEITHER  
ANGELS NOR DEMONS,  
NEITHER THE PRESENT**

**NOR THE FUTURE, NOR  
ANY POWERS, NEITHER  
HEIGHT NOR DEPTH,  
NOR ANYTHING ELSE  
IN ALL CREATION, WILL**

**BE ABLE TO SEPARATE  
US FROM THE LOVE OF  
GOD THAT IS IN CHRIST  
JESUS OUR LORD.”**

**ROMANS  
8:38-39**

## WEEK 4

QUIT

HURRYING

### SMALL GROUP STUDY

#### Kicking it off:

Share a time this week when you were hurrying and thinking you wouldn't be able to get everything done.

#### Big Idea:

Hurry sickness can rob you of the joy of today.

#### Key Scriptures:

##### LUKE 10:38-42

*"As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord's feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, 'Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!'" "Martha, Martha," the Lord answered, "you are worried and upset about many*

*things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her."*

##### MATTHEW 11:28-30

*"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."*

#### Discussion:

1. What role has hurrying played in your life?
2. Read Luke 10:38-42. Based on what you learn from this passage, imagine what thoughts and feelings Martha and Mary experienced when Jesus was coming to their home. What was the worry that Martha expressed to Jesus, and why did she feel that way?
3. In your own words, what was Jesus' response to Martha?

4. Martha was fairly crabby in the midst of her hurriedness. Describe what you are like when you are in a hurry.
5. Read Matthew 11:28-30. What happens when two oxen are yoked together?
6. What does this metaphor teach us about following Jesus?
7. Of the four "hurry sickness" symptoms that were described in this week's message (lack of time, lack of meaning, lack of compassion or lack of grace) which one do you experience the most often?
8. What would a Sabbath look like for you?
9. What do you sense God speaking to you about the ruthless elimination of hurry in your own life?

### Wrapping It Up:

Consider choosing one or more of the following to eliminate hurry in your life this week:

- Set a time each day to practice slowing down
- Take advantage of opportunities to wait
- Learn to say no to things
- Take a weekly Sabbath

### Prayer Focus:

Pray for our Sunnybrook Hope

Center volunteers and guests, that each one would find rest for their souls as they are served through the food pantry.

### Memory Verse:

**"COME TO ME, ALL YOU WHO ARE WEARY AND BURDENED, AND I WILL GIVE YOU REST. TAKE MY YOKE UPON YOU AND LEARN FROM ME, FOR I AM GENTLE AND HUMBLE IN HEART, AND YOU WILL FIND REST FOR YOUR**

**SOULS. FOR MY YOKE IS EASY AND MY BURDEN IS LIGHT."**

**MATTHEW  
11:28-30**

# Top 10 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 quick 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.

**Rotating Hosts/Leaders and Homes:** To encourage different people to host the group in their 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 \_\_\_\_\_
- Date we will review this agreement again \_\_\_\_\_
- Who (other than the leader) will review this agreement at the end of this study \_\_\_\_\_



**SUNNYBROOK**  
community church

5601 Sunnybrook Drive  
Sioux City, Iowa 51106  
[www.sunnybrookchurch.org](http://www.sunnybrookchurch.org)