



Small Group Study Guide

SERMON: DON'T SLIDE INTO A SLUMP

October 12, 2025 | CrossPointe Church

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Introduction

PT's goal in this message was to show how the Holy Spirit brings lasting joy amid opposition, discouragement, and busyness. This message invites us all to move from passive feeling to active faith so you can experience the joy Jesus modeled, even while facing a torturous death.

Key Scriptures

- Luke 10:1-16 (Jesus sends out 72 disciples to preach the Gospel. They return with great joy after experiencing healings and demons who submitted to their authority.)
- Luke 10:17-24 (Jesus shows us how to rejoice in the Holy Spirit, even when facing insurmountable odds, extreme difficulty and unprecedented opposition.)
- Luke 10:25-37 (Jesus shares the parable of the Good Samaritan and defines who our neighbors in need actually are.)
- Luke 10:38-42 (Mary chooses to sit at the feet of Jesus while Martha chooses busyness and is distracted from what matters most.)

Discussion Questions

1. Read Luke 10:1–16. What practical steps from Jesus' instructions about traveling light, relying on God's provision, and investing where there's openness can our group apply to personal evangelism or serving our neighborhood? Give one specific next step.
2. Read Luke 10:17–20. The seventy-two returned with joy over spiritual victories, and Jesus reoriented their joy toward their names being written in heaven. Where do you tend to place your primary source of joy—results, spiritual authority, or your standing with God—and why?
3. Read Luke 10:21–24. Jesus rejoiced in the Holy Spirit even knowing suffering lay ahead. How does the Holy Spirit provide a different, lasting joy than circumstances or accomplishments? Share a time the Spirit's joy helped you through difficulty.
4. Read Luke 10:25–37 (the Good Samaritan). How does compassion "exceed religious duty" in your context? Name a concrete way our group can move from answers/opinions to compassionate action for someone in need this month.
5. Read Luke 10:38–42 (Mary and Martha). Where are you more prone—presence (Mary) or performance (Martha)? What practical rhythm or boundary would help you to serve without being anxious and be more aware of "God moments" in your life?
6. PT's sermon lists seven Spirit-given practices to dig out of depression (Scripture intake, repentance, serving, forgiveness/prayer for enemies, generous giving, acting despite feelings, noticing sacred moments). Which one is most needed in your life right now, and what single action will you take in the next seven days?

7. PT challenged believers to “act your way into feeling”—doing spiritual disciplines even when you don’t feel like it. Which discipline (worship, Bible, prayer, serving, fellowship) will you commit to “do anyway,” and how will the group help keep you accountable?
8. Jesus said many prophets desired to see what the disciples saw (Luke 10:23–24). How does remembering the privilege of witnessing God’s kingdom—both small and large moments—change how you respond to discouragement?

Memorable Quotes from the Sermon

- *“Not everyone will receive you, but someone, somewhere is depending on you to do what God has called you to do.”*
- *“Compassion, not just correct answers, defines obedience.”*
- *“Love is a verb. It’s something you do, not something you feel.”*
- *“Worship is the root; work is the fruit.”*
- *“The Holy Spirit takes the love, joy, peace and the life of the Trinitarian God of the Bible, puts it in the child of God, and explodes their heart with great joy!”*
- *“You don’t ‘feel’ your way into action; you act your way into feeling.”*
- *“Don’t let sacred moments slip by undetected.”*

Action Prompts (choose 1)

- Invite someone outside your usual circle to coffee this week and ask how you can pray or help them.
- Commit to four short daily Scripture readings this week (10–15 minutes total) and let this be a sacred time during your day that you “sit at the feet of Jesus.”

Closing Prayer: Pray aloud (leader or volunteer) using this prayer or one like it:

Father, thank You that You are loving, joyful, and present. We thank You for the Holy Spirit who brings lasting joy during hard seasons of life. Help us to read Scripture, repent quickly, serve with our gifts, forgive, give generously, and act in faith even when we don’t feel like it. We pray for everyone who attends CrossPointe: that each person would find a community circle of fellow Christians—neighbors, small groups, ministry teams—where they are known, loved, encouraged, and able to serve. Send people and open doors so no one here walks alone. Fill us with Your joy, strengthen our witness, and use our lives to build Your Kingdom. In Jesus’ name, amen.

**PLEASE TAKE A GROUP PICTURE AND TAG PT (Franklin Tracy
Pounders) and Tabatha Pankey ON FACEBOOK !!!**

We want to celebrate your group!