

OVERCOMING DISCOURAGEMENT

For the week of April 18, 2020

John 20:11-18

Full message available at highpoint.church/currentseries

Goal:

To understand and live out the victory of Jesus' resurrection.

GET GOING:

- Based on this weekend, what is one game, activity, or app that someone could not get you to play anymore even if they “twisted your arm?” (e.g. Uno). Or, what is one game, activity, or app that you have recently discovered that you want to pass along (e.g. Marco Polo)?
- What is the best tip you would offer someone who is discouraged? What activity or thought has helped you in the past?
- Read Psalm 73:28 and Psalm 139:7. What is one word (and one word only) from Psalm 73:28 or Psalm 139:7 that gives you the most encouragement?

GET GROWING

- Read John 20:11-14. What is one word (and one word only) from John 20:11-14 that best describes how you are feeling today?
- In the midst of despair, Mary chose to care (John. 20:15). In what way are you most convicted about your attitude of “survival vs. revival” based on Jesus’ response to James and John in Mark 10:35-45?
- Consider this quote from the weekend: “The point of the resurrection is that the present bodily life is not valueless just because it will die... What you do with your body in the present matters... What you do in the present by painting, by preaching, by singing, by sewing, by praying, by teaching, by building hospitals, by digging wells, by campaigning for justice, by writing poems, caring for the needy, loving your neighbors as yourself...are part of what we may call building God’s Kingdom.” Read 1 Corinthians 12:4-11. What gift can you offer as a contribution towards the building of God’s kingdom?

- “Our discouragement and disillusionment dissipates as we see God’s work, as we follow God’s ways, and as we desire God’s will.” Which of the 5 weapons below do you need to lean into the most this week?
 1. Refill your Spiritual Gas Tank (Psalm. 81:10)
 2. Prune the Negative Self Talk (2 Corinthians 10:5)
 3. Serve Yourself by Serving Someone Else (2 Corinthians 1:3-4)
 4. Celebrate a Win; Any Win, Big or Small (Proverbs 17:22)
 5. Care for Yourself Physically, Spiritually, and Emotionally (1 Kings 19:7)

Bonus Challenge

Based on John 20:11-18, write your own poem. How many stanzas would it include? What truths would you want to focus on?

Memory Verse

“The Lord is near to the brokenhearted and saves the crushed in spirit”
(Ps. 34:18).

