

The End of Me Leader Guide Session 2: Mourn to be Happy

Connect

During each session, we will begin with a few questions to help you connect with one another and grow intimacy. Please take a couple of minutes to answer at least one of the following questions.

- Today we are going to be talking about mourning. To start on the lighter side, when you are feeling down, what is your favorite comfort food?
- For those that may be joining the group for the first time, what is one thing that has been on your mind from last week session that you would be willing to share with the group?

Watch

PLEASE PLAY THE “END OF ME” DVD EPISODE #2

This study is designed to be used with an accompanying video teaching. Please play DVD Episode 2. While you watch, write down notes, questions, or comments you want to bring up in the discussion later.

Grow

In the following section, you will explore Bible passages and take part in discussion to help expand your knowledge on the topic of this session. If time is a concern, please choose just a few of the questions to answer and discuss in your group.

Discussion Question:

1. What stood out to you from the video?
2. Read Matthew 5:4. Based on what you know about the people whom Jesus was speaking to that day, how important was this statement for them? In what ways is this beatitude just as important for people in our day?
3. Kyle said that Jesus’ second beatitude does not make sense today for our culture because we believe that we are blessed when we get what we want. He then went on to give a couple of examples of what this beatitude would sound like if it were written for our culture. What are some more examples of what this beatitude would say if it were written from our culture’s perspective?

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4. Landry shared that when his basketball career was prosperous God was distant and transactional. He also said that when he was offered a very high contract, he believed he “was in favor with the Lord”. How have you either seen, or experienced success, deceive people when it comes to their standing with God?
5. Why do you think our natural tendency is to drift from God when things are going well and to seek God only when we are desperate and reaching the “end of ourselves”?
6. Landry shared how his injury caused him to take a self-reflection of his life. Share a time when suffering caused you to be honest with the state of your life. Why do you think times of sorrow and mourning cause us to get an accurate view of our lives? Why is this such an important process for spiritual growth?
7. Kyle said “in suffering we can actually come to a deeper understanding of God’s presence and His peace that we can find a blessing.” How have you experienced this in your life?
8. Kyle shared how there is a blessing that we simply cannot know until we get to the “end of me” and go through mourning. He said “there is a blessing that only comes when life gets hard”. Why do you think this is so? What is it about our nature that makes this true? What is it about God’s nature that makes this true?
9. How does Landry’s story parallel that story of Job? In what ways were both their lives more blessed because of their suffering?
10. According to this lesson, how is the blessing Jesus talks about in Matthew 5:4, something that can only be attained through mourning? How does this help you better understand Jesus’ second beatitude?
11. Kyle says “of course we do everything we can to avoid suffering.” Why do you think this is true even after experiencing God’s comfort in previous storms? How can we train ourselves to be more focused on what God will do in us through suffering than just trying to avoid suffering?
12. Read Philippians 3:1-11. How does Paul illustrate where he used to find his worth? According to verses 7-11, why does Paul consider all things he once valued as loss?
13. In verse 10 Paul says that he now only wants to know Christ and the power of His resurrection. But then he says he also wants to participate in Jesus’ sufferings as well. Why do you think suffering would be something that Paul would desire? How do you think Paul’s suffering is connected to his claims in verse 7-11?

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14. Share an area of your life where you need God's presence and comfort.
15. How does this lesson help you be a little more encouraged to face time of pain, suffering, mourning, basically time when you have reached the "end of me"?

Going Deeper

This section is designed to help the insights and the lessons you learned in this session have an impact on your heart and not just your mind. In other words, to allow this session to go from just knowledge to seeking transformation. Please take some time to do the following exercise as a group.

The greatest blessing a person could receive is a relationship with Jesus. We all have people in our lives whose greatest suffering is the fact that they do not have the presence of God in their lives.

Go around and have each person share the name of two people who they know, who they would like to see come to know Jesus in a personal and saving way. The goal is for everyone in the group to write those names down and pray for those people throughout the week.