

David & Tamar LifeGroup Guide

Catch Up On Life

This is when we update each other on the things that Jesus has been up to in our lives since we last saw each other. As a church family, we care about each other's lives: what we're celebrating, what we're mourning, what decisions we are praying through, and everything in between. (1 Thessalonians 2:8, Romans 12:10 and 15)

- Celebrate the wins - where have you seen Jesus working in the last week (shaping you to be more like Himself or working in the lives of those that He's put around you)?
- What (if any) big life updates do you need to catch us up on (positive or negative)?

Pray: Take every opportunity to pray and thank God for the good He's doing in our lives, and ask for help and healing anywhere there is pain.

Review The Mission

People:

- Reactive - Who in your life (family, coworkers, etc.) can we join you in praying for? Who has God put around you that is showing spiritual interest? Who is hurting and could use some love from our group?
- Proactive - Who are the people we are intentionally living on mission with (neighbors, STC partner organizations, or a specific demographic in Columbia)? What are our upcoming plans to love, serve, and build relationships with this group?

Plan:

- Are there any rhythms already planned, or an extra rhythm we could plan to create a way for these friends to connect with our group?

Pray: Let's pray for our people by name; pray for their needs, and opportunities to have spiritual conversations that help them take next steps toward Jesus.

Sermon Discussion

This week's sermon, David & Tamar was very heavy, and a lot to process. Is there anything from the sermon that stood out as particularly helpful or good?

Equipping

In the sermon, it was stated that we should use our strength to help and protect survivors of sexual abuse because our God uses his strength to help and protect the weak and the oppressed. Today, we'll use our Sermon Discussion time to equip ourselves to do that by learning from articles that were recommended to us by [Sexual Trauma Services of the Midlands](#).

Have each member of the LifeGroup read one of the articles below to themselves and quickly take notes on what you consider to be most helpful and important points from the article. Once everyone has finished reading their article, have everyone take turns sharing with the group their notes on what they found to be most helpful and important from the article they read.

Note: For most LifeGroups, this means more than one person will be reading some of the articles. That's to be expected. If possible, have everyone try to share something that they read, even if they read the same article as someone else in the LifeGroup.

Articles

[What We Long For The Church To Know About Sexual Violence](#)

[Reflecting on Our Posture Toward Sexual Abuse Survivors](#)

[What We Long for the Church to Do about Sexual Violence](#)

[What We Long for the Church to Face about Sexual Violence](#)

Additional Resources

Below are additional resources recommended to us by Sexual Trauma Services of the Midlands (STSM) for anyone that is interested in learning more outside of LifeGroup Time about how we can grow as a church that helps and protect survivors of sexual abuse.

[Videos from The Valued Conference](#)

- The videos by Rachael Denhollander and Dr. Justin Holcomb were especially recommended by STSM

[Sexual Trauma Services Of The Midlands](#)

- They offer many free services like therapy, trainings, 24-hr response, Crisis Intervention, and Client Advocacy to name a few.

Pray

Pray for the following:

- Sexual abuse survivors everywhere. Pray that God would bring comfort and healing to all
- Our church. Pray that God would equip us and mobilize us to help, protect, and empower survivors of sexual abuse.
- Your LifeGroup. Pray that every member would do whatever God would have you to do to help, protect, and empower survivors of sexual abuse.

Engage The Heart

Jesus calls us to walk in the light, confessing our sins to God and each other. God's Spirit works through confession and community to lead us to repentance. (Romans 3:23-24, James 5:16 and 1 John 1:5-10)

- What are you struggling to trust God with this week? How can you give God control of it?

- Has the Holy Spirit been prompting you to do anything that you've been resisting? What steps do you need to take to obey?

Pray: James tells us that a community that regularly confesses sin and prays for each other will see a lot of healing. Confess your sins in prayer and pray for each other.