

Living Out Loud

every night...every home

17th November 2019

living sharing growing

REMEMBER this week

The pain of mental illness is real.
But there is hope for the helpless
Rest for the weary
And love for the broken heart
There is grace and forgiveness
Mercy and healing in Jesus.
He will meet you,
wherever you are.

table GRACE

Thank the brown cow for
the chocolate milk, thank the pig
for the bacon on the grill,
thank the egg for the chicken
and the chicken for the egg.
Thank the Lord for
everything!

VERSE of the week

**Praise be to the God and
Father of our Lord Jesus
Christ, the Father of
compassion and the God of
all comfort, who comforts us
in all our troubles, so that we
can comfort those in any
trouble with the comfort we
ourselves receive from God.**

2 Corinthians 1:3-4

THOUGHT for the week

▶ **"Just because you don't
understand it
doesn't mean it isn't so."**

– Lemony Snicket, The Blank Book

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1 lets SHARE

1. Share your highs and lows?
2. What is the most difficult thing you have had to do?
3. How did you do it? Did you need help?
4. Have you ever felt like you have been in a situation that there is just no way out of, where everything seems out of control?
5. The Bible tells us in Hebrews 2 that Jesus was like us in every way. He knows how we feel. How is this helpful?
6. God cares about how we feel and *he is* in control. Does the thought of God in control give you peace or anxiety? Why?
7. God wants to comfort us. Share a time when you have felt comforted by God.

2 lets READ

Sunday	2 Corinthians 1:3-4
Monday	Colossians 3:12
Tuesday	Isaiah 40:1-2a
Wednesday	Philippians 2:1-2
Thursday	1 Samuel 1:10
Friday	Philemon 1:7
Saturday	John 11:19

3 lets TALK

- A – What is this text ABOUT?
- B – What is the BEST thing about this text?
- C – What is the most CONFUSING or CHALLENGING part of this text?
- D – What does God want you to DO?

5 lets BLESS

Bless each other with the sign of the cross as you say the following:

Name, Jesus will never abandon you. In the darkest moments, he is there with you. Amen.

4 lets PRAY

PRAISE GOD that he has promised to hear our cries for help

THANK JESUS for the comfort of knowing that he knows how we feel.

ASK THE HOLY SPIRIT to be your comforter and helper.