



SMALL GROUP STUDY

Week 4

Chapel Hill Uniting Church

“⁹ Two are better than one because they have a good reward for their toil. ¹⁰ For if they fall, one will lift up the other, but woe to one who is alone and falls and does not have another to help.”

Ecclesiastes 4

Week 4 Community

- Read the opening meditation.
- **Watch the clip:** Give up on talking

<https://www.beyondblue.org.au/personal-best/pillar/supporting-yourself/i-gave-up-on-talking-daniel-s-experience-of-living-with-a-stutter-and-depression>

- What role did community have in this man's healing journey?
- God is community as Father, Son and Holy Spirit. We are created from and for community. There are no isolated, self-made individuals. We are made for relationship and find fulfilment in healthy and life-supporting relationships and communities. Read Ecclesiastes 4:9-12; and 1 Corinthians 13:4-7.
- What specific things can people do to be 'community' for someone with a long term mental health diagnosis?
- From the list of things identified, which ones can you put into practice in your life?

Close in prayer

Opening Meditation:

“Everything in Christian community is reversed from the world’s order. It is our weakness, not our competence that moves others; our sorrows and not our blessings that break down the barriers of fear and shame that keep us apart; our admitted failures, not our paraded successes that bind us together in hope.

The church needs to be a community of people who turn their chairs towards each other because they know they cannot make it alone. These broken people journey together with their wounds and worries and washouts visible but are able to see beyond the brokenness to something made whole in Christ.” (Crabb, Larry, 1999. *The Safest Place on Earth*, p, 32)

Closing Prayer: (The Passion Translation, 2017. *Prayers on Fire*, p, 47.)

Lord, teach me how to be there for others, the way you're there for me. When friends and acquaintances come to me for advice, or simply need a listening ear, help me to bless them with what their hearts truly need. Let patience and compassion set the tone. Anoint me as I listen to and support them so that they feel understood. Give me wisdom to help them find the answers only you hold.

You have equipped me to be an encouragement to those around me and to help them to care for themselves. Your Spirit is at work within me to offer support, comfort, and wisdom to others. Teach me how to respond appropriately to their brokenness. I want to be a vessel of your love encouraging others to become the amazing people you created them to be. Amen

Helpful resources

<https://www.beyondblue.org.au/>

<https://www.lifeline.org.au/>

<https://www.blackdoginstitute.org.au/>

<https://www.ruok.org.au/findhelp>

<https://headspace.org.au/headspace-centres/>