



## Take This Cup | January 27, 2016

### Discussion Guide

#### The Scoop

We all need help at some point. In fact, most people credit a mentor, coach, teacher, parent, or a group of close friends for getting them through life. The odd part about life is that we prefer to hide or minimize our flaws to protect ourselves, and we have little patience for others mistakes and learning experiences.

#### Key Verse

**Romans 7:15-16 (MSG)**

*What I don't understand about myself is that I decide one way, but then I act another, doing things I absolutely despise. So if I can't be trusted to figure out what is best for myself and then do it, it becomes obvious that God's command is necessary.*

#### Discussion

We have all been in a spot that we were not proud. For some of us it was yesterday and others of us it's been awhile, but if we are honest, we can admit that we have all been there. However, the further from being "there" we are, the harder it becomes to see, sympathize, and extend a hand to help.

1. What are some examples of things where you decide one way and then act another?
2. What are some things that you see in other people with which you have no patience?

If we look back at our lives, there have been experiences where everyone but ourselves can see that we need help. Sometimes people let us figure it out on our own, sometimes a key person moves in to help, and unfortunately there are times we just can't get it right.

3. Who has been a big influence in your life when it comes to figuring out life issues? How?
4. What are some things about which you could benefit from discussing with someone or a small group?

You have a story worth telling. Your story maps onto someone else's story. Everyone has had their "cup" moments, everyone has been a silent observer at some point, and everyone needs someone to come alongside them. Amazingly enough, sometimes all of these things are happening at the same time.

5. Is there someone you know who could benefit from hearing your story?
6. Is there someone in your life that you know needs help from a friend, mentor, and small group?

#### What's Next?

Being able to put ourselves in the shoes of others is a gift and a skill that comes from self-awareness and humility. Think about your life and all the lessons you have learned and are learning; is there value to these lessons? Who has been there for you? Do you have people in your life right now that will be there for you? Who can you reach out to in order to listen, guide, and love?