



Tough Times: Find Friends | June 3, 2020

Discussion Guide

The Scoop

If you were stranded on a deserted island, who would you bring with you? Hint: This time the answer is not the stereotypical bible-study or bible-school answer of Jesus.

Key Verses

Exodus 17:12-13 NIV

"When Moses' hands grew tired, they took a stone and put it under him and he sat on it. Aaron and Hur held his hands up—one on one side, one on the other—so that his hands remained steady till sunset. So Joshua overcame the Amalekite army with the sword."

Discussion

There are a lot of versions to the hypothetical question of, "if you were on a deserted island who would you take." This is a fun question, and a popular response by Christians is usually that they would bring Jesus. While this is not necessarily a wrong answer, God regularly shows up in our lives through close relationships to grow, shape, and support us.

1. Who are "your people"? Why?
2. How are your people similar to you and how are they different? What do you appreciate about having them in your life?

When we try and shoulder the load all on our own, things can seem overwhelming. Unfortunately when we feel overwhelmed we tend to pull inward even more...away from the people who can be most helpful. When we are facing tough times, we can try to close off contact with others, but in reality after we seek help from God, the very next thing we need is to seek out help from our friends. The importance of our closest relationships and connections are most realized in times of difficulty.

3. Can you think of a time in your life when friends carried you through? How? Describe the relationship you have with them.
4. On the other side of the coin, can you think of ways that you have helped your friends when they were feeling lost, frustrated, or alone?

In the book of Exodus, Moses lifted his hands towards the sky and prayed to God for help in letting the Israelites defeat the Amalekites at Rephidim. As long as Moses kept his arms lifted in prayer, the Israelites seemed to keep defeating their foes, but when his arms dropped the enemy would begin to win. Realizing this Aaron and Hur decided to help their friend, "when Moses' hands grew tired, they took a stone and put it under him and he sat on it. Aaron and Hur held his hands up—one on one side, one on the other—so that his hands remained steady till sunset." Aaron and Hur's actions helped Moses in his time of need and ultimately helped Joshua lead the Israelites to victory. Notice that Moses did not ask for help. His friends saw him in need and showed up.

5. If you are feeling like Moses, who could you ask for help? How might you ask? Do you need to do that this week?
6. If you put yourself in Aaron and Hur's shoes, how can you reach out to friends that may be struggling on their own "island?" What are some ways that you can help this week?

What's Next?

This week as you engage your faith, consider the people who you are bringing with you in your faith journey. Faith is not meant to be walked alone. If you were on a deserted island, who would you want to be there with you in both good times and bad? On the other side of things, who might need you right now? How can you reach out to your friends as they are on their "island?"

- Do something specific this week for one of "your people."
- Reach out to one of your friends for support.

You can find a template of our 5-minute faith journal at faithinfive.com to further engage your goals and connect them with your faith.