

“God Help Us In These Uncertain Times”

Caring for Others and Ourselves

Wednesday 15 September 2021

6:30 PM-8:00 PM

Opening Prayer

Background

“Learn to do good. Seek justice. Help the oppressed. Defend the cause of orphans. Fight for the rights of widows.” *Isaiah 1:17 NLT*

“Never abandon a friend—either yours or your family’s. When disaster strikes, you won’t have to ask your brother for assistance. It’s better to go to a neighbor than to a brother who lives far away.” *Proverbs 27:10 NLT*

“So, encourage each other and build each other up, just as you are already doing.” *1 Thessalonians 5:11*

“Give all your worries and cares to God, for he cares about you. Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour. Stand firm against him, and be strong in your faith. Remember that your Christian brothers and sisters all over the world are going through the same kind of suffering you are. In his kindness God called you to share in his eternal glory by means of Christ Jesus. So after you have suffered a little while, he will restore, support, and strengthen you, and he will place you on a firm foundation.” *1 Peter 5:7-10*

“For I can do everything through Christ, who gives me strength.” *Philippians 4:13*

We live our lives in relationships. They are important to us, whether we acknowledge them or not. We have a relationship with God and we also have relationships with those who are in the world with us, our neighbors. These relationships can be good, or they can be bad. The good ones tend to be the ones that benefit everyone. To be right with God, we must be right with our neighbor. We cannot have one without the other. When we have right relationships with those around us, we tend to have healthier, more joyful lives. When we help others, we are doing something for ourselves as well.

Questions to Consider

1. Isaiah says, "Learn to do good." How do we do that?
2. Give an example of when a friend (or stranger) has turned to you for help, and when you have turned to a friend (or stranger) for help. How did you feel at those times?
3. How can we encourage each other and build each other up? How do you rate yourself as an encourager?
4. "Remember that your...brothers and sisters all over the world are going through the same kind of suffering you are." What does this do for you?
5. How are you caring for others now? Are there other ways you may do so?
6. How are you caring for yourself now? Are there other ways you may do so?
7. In Philippians 4:13 Paul is thanking the church in Philippi for their concern about his wellbeing. He confides that he has the formula for dealing with all situations. "For I can do everything through Christ, who gives me strength." The key to dealing with all situations is faith in Christ who gives us his strength. How should we apply this to our current situation?

Closing Prayer