

2023-24 Aim Check-in

- Becoming disciples who make disciples, who make disciples.
 - Creating a community of faith that meaningfully engages our community of residence.
1. Since you last met as a H2H group, have you made any movement towards the aims we've set?
 2. How might we as a H2H group help support or encourage you towards these aims?

Discussion Questions Set #1

"Do not let your hearts be troubled. You believe in God; believe also in me" (John 14:1).

"In this world you will have trouble. But take heart! I have overcome the world" (John 16:33).

In sermon the following statistics were presented:

- In 2022, over 18% of Canadians aged 15+ met the criteria for a mood, anxiety or substance use disorder.
 - The prevalence of mood and anxiety disorders is now highest among young women aged 18-24.
 - The prevalence of mood and anxiety disorders nearly doubled in Canada between 2012 and 2022
 - 53% of people disagree that people are caring and sympathetic to those with mental health issues
1. Why do you think we are seeing the elevated prevalence of "disheartenment" in our world today? What factors might contribute to this reality?
 2. What has been your own personal experience with disheartenment? Share as you are comfortable.
 3. In sermon, it was suggested that Jesus indicates that we have some agency in regards to our disheartenment; that is, we can be empowered to do something about it. Do you believe this is true? What might it look like for a follower of Jesus to address their disheartenment (think of helpful actions, behaviours, etc.)?

Discussion Questions Set #2

In sermon, the following two general concepts were discussed:

- a) Christ identified disheartened people and readily addressed their condition.
 - b) Christ desires to meet the disheartened in their disheartenment, but by His presence move them onward past their experience of being disheartened.
1. Discuss each general concept. How does this ministry posture of Christ encourage followers of Jesus to act?
 2. What might prevent us as the church, or as individual followers of Jesus, in 2024 from replicating similar approaches to the disheartened that we might encounter?

Discussion Questions Set #3

"For no matter how many promises God has made, they are "Yes" in Christ. And so through him the "Amen" is spoken by us to the glory of God". (2 Corinthians 1:20)

"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever, is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you. (Hebrew 4:8-9)

1. What might the Lazarus passage of John 11 teach us about the ultimate outcome of disheartenment as a reality? How does the empty tomb of Lazarus offer us encouragement in the face of disheartenment? How might the empty tomb of Jesus offer us even greater encouragement?
2. How does the truth of 2 Corinthians 1:20 help us to address disheartenment? Why does it matter that God's promises are 'yes' in Jesus when we think of experiences of disheartenment?
3. How might considering one's focus equip them to better address issues of disheartenment? Why do you think there is a human tendency to perseverate on the negative, rather than thinking about true, noble, right, pure, lovely and admirable things?