



## STUDY GUIDE – July 12, 2020

**Message Title: Fire In My Bones – Show Up**  
**Teaching Pastor: Angie Frame**

*This study guide has been designed for Small Groups in mind, and can be used by individuals as well.*

### **Warm-up/Icebreaker:**

Have you ever binge-watched an entire season of a show over the course of a few days?

- Yes, several times
- Yes, once or twice
- No, but I'd consider it if a show is good enough
- No, I prefer to take my time watching shows

Binge-watching activates the part of our brain responsible for “reward” functions, producing dopamine and making us feel good. This can even be seen lit up on a brain scan.

Imagine what would happen to our brains and hearts if we would also invest the energy and time with Jesus? Let's pray.

### **Pray:**

Dear God, thank you for our time together to grow deeper in our faith. It's in you we find our hope and develop a fire within. Teach us to be courageous and all the while, discerning the path you have laid out for us, especially the parts of the path that lead us to show up for others. And as we show up, please help us to be transformed into your likeness. In Jesus' name. Amen.

### **Get Started:**

#### **Read Luke 24:13-32**

- Imagine you are a disciple walking the road to Emmaus. You are barefooted. You are tired. The events of the last few days have filled you with emotion. What are you feeling? What of the disciples' experience most resonates with you?

Jesus showed up to two disciples on the road to Emmaus after his resurrection. In the last verse, the two disciples spoke of their hearts burning within them while Jesus was speaking, even before they knew it was Him. What set their hearts ablaze, what captivated their affections, was an interpretation of scripture that put Jesus and His finished work front and center.

- When did your heart last burn within you, feeling the Holy Spirit alive in you?

### **Watch and Discuss video:**

Pastor Angie spoke of having to shut down to show up. You'll be misunderstood at times doing this. Even Jesus had to shut down occasionally. If Jesus had to shut down to show up, then we do too. Could he have healed more people, spoken more truth, fixed more injustices if he'd kept going? Maybe. But if we don't shut down and get the rest our bodies and hearts need, then we won't be able to show up for anyone or anything.

### **Read Matthew 6:31, 45-52**

- What can we learn from Jesus and the disciples' example in these passages?
- Did the disciples miss anything about rest that Jesus was trying to teach them?
- How can you implement rest (shut down) in your own life?

### **Reflect and Commit:**

"You and I aren't Jesus, but we can follow his example. We can show up in this broken world, for the sick and the sinners, for the people who let us get real and expose who we really are. We can--we have to--show up for them. There are people God wants to show up for, and he's counting on showing up through you. The most famous verse in the Bible tells us that Jesus showed up, because God so loved the world. Showing up shows a Jesus who loves the world... You can show up and show them what love looks like." -Pastor Angie

### **Read Mark 2:13-17**

- Describe a time when someone showed up for you at just the right time you needed it and a time when *you* showed up for someone just when they needed it.
- Consider taking on a "show up" challenge. Go and visit someone who is in need, who may have recently experienced loss or trauma. Listen to their story and be alongside them to show them love.

### **Pray:**

Dear Father, thank you that we can follow your example to show up in our broken world and look like Love. Help us to be sensitive, ready and courageous when you call us to go. And let Your Word be like an inextinguishable fire in our hearts, one we cannot hold in. We pray in Your Son's name, Jesus. Amen.

"Spirit-filled souls are ablaze for God. They love with a love that glows. They serve with a faith that kindles. They serve with a devotion that consumes. They hate sin with fierceness that burns. They rejoice with a joy that radiates. Love is perfected in the fire of God." ~Samuel Chadwick (1932)