



SMALL GROUP LEADER GUIDE

DEAL WITH IT | WEEK 3

BOTTOM LINE

COMFORT COMES FROM COMMUNITY.

SCRIPTURE

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God (2 Corinthians 1:3-4 NIV).

GOAL OF SMALL GROUP

To encourage students not to hide their pain or go into isolation when they face difficult circumstances.

THINK ABOUT THIS

Leaders — as students seek comfort from the community around them, they may open up about issues that they're facing. In these moments it's important to keep the "3 hurts" in mind: 1) if they are hurting themselves 2) if they are being hurt by someone else or 3) if they are thinking about hurting someone else. If one of these "hurts" come up, please reach out to a staff member after small group so that they can take appropriate safety steps if necessary.

SAY THIS

DISCUSSION QUESTIONS

1. When things aren't going well, what are you most prone to do...
 - a. pretend like everything's great?
 - b. get really quiet?
 - c. become hyper and loud?
2. All of us try to hide our pain in some way or another. Why do you think we do that?
3. How would you define the word *comfort* (without using the word *comfort*)?
4. In what ways have you seen God use people to comfort other people?
5. How does going through pain put you in a unique position to help others going through pain of their own? (*It gives you leverage, influence, and credibility.*)
6. What are some ways you can look for comfort when you go through something painful? (*Worship music, prayer, small group, talking to older, wiser people*)
7. Name one way you could comfort people who are going through difficult circumstances? What would hold you back from doing that?

TRY THIS

Leaders, at some point this week, get in touch with your students and encourage them not to hide or go into isolation when they have pain in their lives. Remind them of this week's bottom line: **Comfort comes from community.**