



“Integrity that lasts”

Sun 26th September 2021

WELCOME: How are you doing? What are you looking forward to?

DISCUSSING THE MESSAGE :

Vanessa revisited our understanding of the word integrity as being one unit, wholeness. She talked about Jesus bringing wholeness in our lives, about how coming to Jesus regularly is an essential key to endurance in our faith.

- **What are your thoughts on integrity as “wholeness”?**
- **Who can you think of that embodies that concept in your life?**

READ 2 Thess 3: 1-5.

v5 talks about patient endurance

- **What is your response to the word endurance?**

Paul uses the word endurance in many of his letters to the early church. Choose some of these passages to read:

Romans 5:3-4; Colossians 1:11; 2 Thess 1:4; 2 Tim 3:10; Heb 6:12; 10:36, 12:1; James 1:3-4; 2 Peter 1:6.

Vanessa spoke about the Government handout on **Pandemic Fatigue***

Pandemic Fatigue

While we can all experience pandemic fatigue in different ways, it is possible to counter its effects. Look out for some of these signs in yourself and those around you and take practical steps to be kind to yourself, stay connected, check in with each other, and seek professional support when needed.

Some of the feelings and behaviours you, or someone you know may be experiencing include:

- Tiredness
- Frustration
- Low in energy
- Restlessness
- Irritability
- Hopelessness
- Difficulty looking forward to tomorrow
- Dread
- Not wanting to be with others
- Increased use of alcohol or other substances
- Lack of enthusiasm for things you would normally enjoy

Some of the most effective ways to overcome these feelings include:

- **Identify and practice self-care strategies that work for you** 
- **Keep kids communicating**
Let children know it is ok to be worried, and talk it out 
- **Get sweaty**
Exercise is great for mental health 
- **Reach out**
To those who may not have connections 
- **Follow facts**
from trusted sources 
- **Take a break**
Do the things you've been putting off for a rainy day 

QUESTIONS:

- Do you connect with any of these symptoms?
- Why is it important to recognise and acknowledge and put in place strategies to deal with this type of fatigue?
- (These strategies address physical, mental, emotional and relational areas of our lives)
- Do you think that this type of fatigue can lead to fatigue in our spiritual lives also?
- If so, do we need to address this differently?

*<https://www.mentalhealthcommission.gov.au/getmedia/f544b264-c990-484e-8337-485c7533f95a/NMHC-Covid-Fatigue-Flyer.pdf>

Sunday Service 9:30am & 5:30pm



Vanessa says that we can combat fatigue by HOPE.

- **What is our hope in? Are we living in the hope of another day?**
- **Are we living in the hope of seeing people, travelling, going to our workplace, having a holiday?**
- **How can we focus on our HOPE in Jesus Christ?**

Read Rom 5:4-5, Rom 8:20-23

When we have hope, we have a goal to move towards. Paul talks about running the “race” of life with focus

Read 1 Cor 9:24-27, 1 Tim 6:11, Heb 12:1

- **How do we stay focussed so that we can endure?**

READ Matt 11: 28-30 *(The Message)*

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

Jesus has done the work on the cross to buy our wholeness and he invites us to continue to come to him and learn from him and he will teach us “the unforced rhythms of grace”.

- **What does (coming to Jesus) “sitting in Jesus presence” look like to you?**
- **What creative ways have you used to connect with Jesus and his word?**

2 Thess 3:5 “May the Lord lead your hearts into a full understanding and expression of the love of God”

- **Describe a time when God has overwhelmed you with love.**
- **Describe a time when he has overwhelmed you with his love for someone else. What was the expression of that love?**

2 Thess 3:3 “But the Lord is faithful, he will strengthen you and guard you from the evil one”

- **Does this mean you will not encounter evil if you devote yourself to the Lord? (NO!)**
- **Describe a time when you were aware of the Lord strengthening you in the face of evil.**

2 Thess 3: 1-2 “Pray for us, pray for the message, pray for one another...PRAY”

- **How can I pray for you today?**

Finish your gathering this week praying for one another.

I pray that you will be blessed by this word and will find new ways to “come” to Jesus this week. I pray that together we will learn from Jesus how to “live freely and lightly”

Vanessa

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