

SMALL GROUP LEADER GUIDE

- Share with the group something that brings you comfort. It could be a comfort zone, comfort food, happy place, etc. As you share, tell the group why you think it makes you happy and makes you feel secure.
- If you feel comfortable, share about a change that you are facing or about to enter into but are resisting?
- **Read John 20:11-15.** In the midst of her grief, Jesus asks Mary, "Why are you crying?" The sermon talks about the importance of naming your emotions. Think about the change you mentioned earlier. Can you name the emotions you are feeling about this change (nervousness, excitement, sadness, etc.)? How does naming these emotions make you feel? How do you think naming them help you remain with Jesus?
- **Read John 20:15-16.** Mary did not recognize Jesus when He was standing right in front of her because she did not expect Him to be there. The sermon mentions that our expectations can blind us to unexpected possibilities. What would it look like for you to expect the unexpected in the midst of the change you are facing? What would surprise you?
- **In John 20:17,** Jesus tells Mary not to cling to Him. In essence, He's asking her to let go of the past to embrace the new. Is there something in your past that you are holding onto that might be preventing you from moving forward into the change you are facing? What would it look like for you to being to let go but not forget?
- **Action Step:** Considering the change you mentioned earlier, is there one small step (maybe one of the three things suggested in the message) you can take this week to move forward with it?

Remember:

Whether you are connecting with your group online, over the phone, or in person, the five things that make small groups so transformative (Accountability, Guidance, Encouragement, Vulnerability, and Application) can STILL HAPPEN. Think about how these things are happening in your group!

