

SG

Your group matters.

DISCUSSION GUIDE

- Icebreaker -

If you could play any musical instrument, what would it be and why?

1. What do you picture when you hear this: "...knowing, loving, and following Jesus is our first priority and undivided focus." In other words, what would day to day living look like if this was the spitting image of you? [Matthew 6:25-33](#), [Luke 12:15](#), [1 Timothy 6:6-10](#)
2. First, can/will you affirm that "Come Every Sunday" is a goal you're working towards? [Acts 2:42, 46](#), [Luke 4:16](#) Second, what would you have to do for that to be a reality?
3. "Small groups are crucial to making a larger church feel smaller." How have you experienced being on the giving and receiving ends of the "one anothers" in your group?
4. At what point, biblically, do we get to check out of serving and just have others serve us? Yep, that was a trick question! [James 2:14-16](#), [Ephesians 2:8-10](#) What has been your experience with serving on a team at Riverside, and what are some ways you may be able to engage in serving going forward? [Galatians 5:13](#), [Philippians 2:5-7](#)
5. Which one of the **BIG3** needs the most attention this week, month, or year? What steps will you be taking to get that area where you would like it to be?
6. Maybe your first step is to make Jesus your first priority. What are the things that need to be put below Jesus on your priority scale?

Day One: [Matthew 26](#)

Day Two: [Genesis 26](#)

Day Three: [1 Corinthians 10](#)

Day Four: [James 4](#)

Day Five: [Job 26](#)

This Personal Guide has been adapted from Professor Grant Horner's Bible Reading System.

PERSONAL GUIDE



RIVERSIDE CHURCH



Your story matters.

WHAT DID
YOU EXPECT?
(PART 2)

MYTHUNDERSTANDING

PASTOR TOM LUNDEEN

JUNE 5, 2022

MYRC.CHURCH



"WHAT DID YOU EXPECT? (PART 2)"

Pastor Tom Lundeen

Note [Matthew 6:25-33](#); [Luke 12:15](#); [1 Timothy 6:6-10](#)

The real version of what everyone wants more of in their lives (i.e., meaning, purpose, transformation) happens when knowing, loving and following Jesus is our first priority and _____ focus.

Note [1 Timothy 6:19b](#)

1. Come _____ Sunday

For the first time ever in church history, nearly every Jesus follower around the world got out of the habit of attending _____.

Note [Acts 2:42a, 46a](#); [Psalm 27:4](#); [84:2, 10](#); [42:4](#)

Starting each week by connecting together to actively engage in worship, to embrace personally biblical teaching is intended to help us center, refocus and _____ our week.

Jesus modeled _____ engagement in worship... (note [Luke 4:16](#)).

Research by Tyler VanderWeele and Brenda Case (Harvard University) showed the following reduced health risks to regular worship attenders compared to never attenders:

- _____% reduced risk of death
- _____% reduced risk of suicide
- _____% reduced risk of depression.
- Healthcare professionals who attend weekly worship _____% less likely to die (over a 16 year follow-up period).
- _____% reduced risk of divorce
- _____% reduced risk of *deaths of despair* (suicide, drug, or alcohol overdoses) for women
- _____% reduced risk of *deaths of despair* (suicide, drug, or alcohol overdoses) for men
- _____% reduced risk of adolescent illegal drug use.
- _____% reduced risk of adolescent depression

2. Be Part of a _____

Small groups are _____ to making a larger church feel smaller. _____ unique *one another's* in Scripture...most can only be done and are best done in a small group.

Positive friendships have been shown in studies to produce: • Stronger _____ • Lower _____ • _____ self-confidence

- Increased happiness
- Better overall health (mental and _____ as well as physical).

3. Serve on a _____

Serving Jesus and His church is a major _____ to spiritual growth.

Note [Ephesians 2:8-10](#); [Galatians 5:13](#); [Romans 12:11](#)

There is no concept in the Scriptures of a non-engaged, non-_____ follower of Jesus (genuine faith is never _____, but always serves; note [James 2:14-16](#)). Jesus _____ modeled servanthood (note [Mark 10:45](#); [Philippians 2:5-7](#)).

- A new review of the health effects of volunteering found that helping others on a regular basis...can reduce early mortality rates by _____% compared to those in people who don't participate in such activities.
- The _____, which included _____ studies and was published in *BMC Public Health*, also revealed that volunteers benefit from reduced rates of _____ and an increased sense of life satisfaction and well-being - doing good, it seems, made them feel good. "Our systematic review shows that volunteering is associated with improvements in health." (Lead author Dr. Suzanne Richards, University of Exeter Medical School, England)
- Serving Others: gives you _____; gives you more _____; reduces stress; leads to a longer _____; connects you to others; shows _____ what following Jesus is about; allows you to join in what God is doing; gives you an _____ to use your gifts; gets your focus off yourself; teaches you _____; allows you to make a true difference in another person's life; _____ the Kingdom of God.

MYTHUNDERSTANDING:

- ...making Jesus your #1 priority and practicing the **BIG3** has been _____ proven to increase the odds that despite living in a broken world filled with people who have spiritually defective DNA just like us, we can be healthier, more content, have better relationships, and live longer.
- Note [John 10:10b](#)
- *Our research suggests that those who neglect to meet together...*
- Note [Hebrews 10:24-25](#)
- *...likely miss something of the religious experience that is _____ both for health and for much else as well. The data are clear: Going to church remains central to true human _____. (VanderWeele & Case)*

Tell someone about the next step you took today in your spiritual journey!

Let us know, too, and fill out our connect card (digital or hard copy).

*[MyRC.link/connect](#) or text **riverside** to **94000**



"WHAT DID YOU EXPECT? (PART 2)"

Pastor Tom Lundeen

Note [Matthew 6:25-33](#); [Luke 12:15](#); [1 Timothy 6:6-10](#)

The real version of what everyone wants more of in their lives (i.e., meaning, purpose, transformation) happens when knowing, loving and following Jesus is our first priority and undivided focus.

Note [1 Timothy 6:19b](#)

1. Come Every Sunday

For the first time ever in church history, nearly every Jesus follower around the world got out of the habit of attending worship services.

Note [Acts 2:42a, 46a](#); [Psalm 27:4](#); [84:2, 10](#); [42:4](#)

Starting each week by connecting together to actively engage in worship, to embrace personally biblical teaching is intended to help us center, refocus and jumpstart our week.

Jesus modeled consistent engagement in worship... (note [Luke 4:16](#)).

Research by Tyler VanderWeele and Brenda Case (Harvard University) showed the following reduced health risks to regular worship attenders compared to never attenders:

- 33% reduced risk of death
- 84% reduced risk of suicide
- 29% reduced risk of depression.
- Healthcare professionals who attend weekly worship 33% less likely to die (over a 16 year follow-up period).
- 50% reduced risk of divorce
- 68% reduced risk of *deaths of despair* (suicide, drug, or alcohol overdoses) for women
- 33% reduced risk of *deaths of despair* (suicide, drug, or alcohol overdoses) for men
- 33% reduced risk of adolescent illegal drug use.
- 12% reduced risk of adolescent depression

2. Be Part of a Group

Small groups are crucial to making a larger church feel smaller.

45 unique *one another's* in Scripture...most can only be done and are best done in a small group.

Positive friendships have been shown in studies to produce:

- Stronger immunity • Lower stress • Improved self-confidence

- Increased happiness
- Better overall health (mental and cognitive as well as physical).

3. Serve on a Team

Serving Jesus and His church is a major pathway to spiritual growth.

Note [Ephesians 2:8-10](#); [Galatians 5:13](#); [Romans 12:11](#)

There is no concept in the Scriptures of a non-engaged, non-serving follower of Jesus (genuine faith is never alone, but always serves; note [James 2:14-16](#)). Jesus perfectly modeled servanthood (note [Mark 10:45](#); [Philippians 2:5-7](#)).

- A new review of the health effects of volunteering found that helping others on a regular basis...can reduce early mortality rates by 22% compared to those in people who don't participate in such activities.
- The review, which included 40 studies and was published in *BMC Public Health*, also revealed that volunteers benefit from reduced rates of depression and an increased sense of life satisfaction and well-being - doing good, it seems, made them feel good. "Our systematic review shows that volunteering is associated with improvements in health." (Lead author Dr. Suzanne Richards, University of Exeter Medical School, England)
- Serving Others: gives you purpose; gives you more joy; reduces stress; leads to a longer life; connects you to others; shows you what following Jesus is about; allows you to join in what God is doing; gives you an avenue to use your gifts; gets your focus off yourself; teaches you humility; allows you to make a true difference in another person's life; advances the Kingdom of God.

MYTHUNDERSTANDING:

- ...making Jesus your #1 priority and practicing the **BIG3** has been demonstrably proven to increase the odds that despite living in a broken world filled with people who have spiritually defective DNA just like us, we can be healthier, more content, have better relationships, and live longer.
- Note [John 10:10b](#)
- *Our research suggests that those who neglect to meet together...*
- Note [Hebrews 10:24-25](#)
- *...likely miss something of the religious experience that is powerful both for health and for much else as well. The data are clear: Going to church remains central to true human flourishing.* (VanderWeele and Case)

Tell someone about the next step you took today in your spiritual journey!

Let us know, too, and fill out our connect card (digital or hard copy).

*[MyRC.link/connect](#) or text **riverside** to **94000**