

Session 3 Viewer Guide

DISCUSSION:

1. When you are feeling low, sad, or depressed, what do you typically do to cry to make yourself feel better? Does it work? Why or why not?
2. When you think about the heroes in the Bible, who comes to mind? In what ways did those individuals exhibit humility and service to others?
3. What characteristics do people in our culture tend to value today? Why do you think our society places such an emphasis on possessing those characteristics?
4. Before today's video segment, what did you know about Andrew and Epaphroditus in the New Testament? By today's standards and culture, how would people treat or view someone like Andrew or Epaphroditus?
5. Read Galatians 5:13. Freedom is typically considered the opposite of serving, but here Paul says that freedom in Christ frees us to serve. How can the freedom we have in Christ lead us to serve others? In what ways have you experienced this in your life?
6. Read Philippians 2:3. How did Jesus follow this principle in the Gospels?
7. Read Matthew 6:1. Why is it important to examine our motives when we serve others? What is the problem with serving in order to bring attention to ourselves?
8. Joanna was able to turn something difficult into an opportunity to serve. What is a practical way you could serve others the next time you are feeling down?