



ACKNOWLEDGE YOUR NEED

This week, we learned another way to live through a bad day by observing how Jesus handled His worst day. After hours of suffering on the cross, Jesus showed His humanity by addressing His need for help with the words, "I am thirsty." The fact that He, as the Son of God, asked for a drink demonstrates that none of us are so self-sufficient that we can survive a bad day without the help of those around us. We need to acknowledge our needs. Asking for help doesn't make us weak; it makes us human. While it is natural for us to try to hide our needs to avoid being hurt, rejected, or exposed, we need to remove our masks and simply be ourselves. The church is the best place for people to grow, heal, and change. Here, we can find support through Godly friends, grow as part of the body of Christ, gain protection by being a part of the flock, and embrace the love of our church family. When we are connected with people who love and believe in us, we are free to be ourselves and confront challenges head-on, knowing we are supported by others.

Main Lesson: Acknowledging your need is the first step to a breakthrough. Breakthroughs are best experienced in community.

Read **John 19:28-30**

Discussion Questions

- Being nailed on the cross as 9AM to 3:00PM without food or water, Jesus was literally thirsty. But his thirst goes deeper. Discuss the theological implication of Jesus' thirst. Read Psalm 22:12-15 and Psalm 69:21.
- Is it difficult for you to admit when something in your life is not going well? Discuss reasons why we may put on masks and refrain from asking for help when we need it. What role does fear play in keeping you from being real and transparent with others?
- Discuss the importance of being connected in a church family. What is the value of having a group of friends to help you make it through difficult situations? Share an experience you've had where you opened up with a friend about a difficult situation. How did being transparent help you overcome the challenge you faced? How does this experience motivate you to offer support to someone else?

Prayer Focus

- Thank God for helping you realize that you can't do things on your own and for carrying your burdens. Ask Him to help you overcome your fears and admit that you have needs. Go to God with both your major problems and your daily challenges. If you don't have a friend with whom you can be transparent, pray for authentic friendships. Thank God in advance for placing supportive people in your life.
- Pray for Pastor Jon as he prepares to lead a group of university students to the Middle East. Pray for financial provision for him and his entire team. Perhaps your group can help by sending support. Pray as they study Hebrew and Israeli culture and continue to develop spiritual insight.

Next Steps

If you do not have a "crew" to support you, seek out two or three people with whom you feel comfortable, and be transparent and honest with them. Your fellow DGroup members are great people to open up to when you need love and support.

ANNOUNCEMENT: Baptism Bash (April 24th).