



## LIFE GROUP NOTES

Week Beginning: 14th January 2024



### Be His hands and feet in 2024 Psalm 119:68 & 2 Timothy 2:13

#### Warm Up

Did you make resolutions this New Year? What were they? If not, why not? Were any of your resolutions to do with your faith?

#### Background and context

Mother Teresa famously said that we are the hands and feet of Jesus. What does this mean?

Perhaps she was suggesting that Jesus has called us to do His work on earth. We are the physical presence of Christ in the world. That sounds like a big responsibility. It is not something we can achieve alone. We must rely on the Holy Spirit to give us strength, and trust in God's faithfulness.

#### Thinking it through: Main discussion/activity



**READ: Psalm 119:68 and 2 Timothy 2:13.** What are the surprising things in the passage? What is new? What don't you really understand? This could be a time to discuss and share reflections and ideas on the passage or watch a Bible project type video that helps explain things.

1. **Psalm 119:68.** What do you think it means that God is good and all He does is good?
2. What is the evidence that Psalm 119:68 is true? Spend time reflecting on any examples of God's goodness.
3. How does "being God's hands and feet" link with Psalm 119:68?
4. **2 Timothy 2:13.** What is the evidence in your own faith walk, that God is faithful?
5. How do we reconcile God's faithfulness as described in 2 Timothy with God not responding to what we want or need?
6. **Read:** Matthew 18:20, Matthew 28:20, Proverbs 3:5-6, Philippians 4:19, Romans 8:28, 2 Corinthians 1:20. How might these verses encourage us as we seek to be the hands and feet of Jesus?
7. What are the stumbling blocks that prevent us from being effective witnesses for Jesus?

#### Growing in discipleship: Practical application



8. Where is your sphere of influence with non Christians? How often do you share the gospel with them? If rarely, why?
9. How can you be **more than** the hands and feet of Jesus in 2024?

#### Try to leave 15-20 mins to talk about prayer needs of the group and to pray.



We want to encourage the development of prayer, to help everyone grow in confidence in praying. There are many creative ways of praying together: writing prayers, using candles as a focus, reading prayers or praying for each other in pairs.