

SHOULD HAPPENS
WEEK 3 DISCUSSION GUIDE
"OTHERS SHOULD ON ME"

READ

This week we continued our "Should Happens" series based on the book written by Todd Clark. We talked about how others place should expectations on us that we feel the need to say yes to. This impacts our behavior as we change what we do based on others expectations. The more we say yes to the shoulds others place on us the heavier the burden gets, this can lead to bitterness and anger.

The reality is that people will always have expectations of us, that isn't really the problem. The main problem is that we feel obligated to say yes. For many of us it is difficult to say no. We need to learn that it is ok to say no. It's ok to say no, because Jesus said no. We looked at examples of this in the Gospels, which tell us about the life of Jesus.

Mark 10:35-37

Then James and John, the sons of Zebedee, came to him. "Teacher," they said, "we want you to do for us whatever we ask." "What do you want me to do for you?" he asked. They replied, "Let one of us sit at your right and the other at your left in your glory."

Jesus' followers believed that he came to earth to restore the kingdom of Israel and reign over it. James and John asked if they could have seats of honor in his glory, they were trying to leverage their relationship with Jesus for their own gain.

Mark 10:38-40

"You don't know what you are asking," Jesus said. "Can you drink the cup I drink or be baptized with the baptism I am baptized with?" "We can," they answered. Jesus said to them, "You will drink the cup I drink and be baptized with the baptism I am baptized with, but to sit at my right or left is not for me to grant. These places belong to those for whom they have been prepared."

Jesus lets them know that they don't understand what he came to do. He came to establish a kingdom, but it would not happen through power and force, rather through sacrificial love. He hints that it will cost him his life and that following him will cost them their lives too. Even still he says no to their request. It's ok for us to say no to our friends, because Jesus did.

John 6:14-15

After the people saw the sign Jesus performed, they began to say, "Surely this is the Prophet who is to come into the world." Jesus, knowing that they intended to come and make him king by force, withdrew again to a mountain by himself.

His closest friends were not the only ones who wanted him to restore the kingdom, everyone in Israel wanted the kingdom restored. The people were so impressed by the miracles he

performed that they wanted to declare him king. Jesus left, he did not come to be their kind of king and would not give in to their expectations of who they wanted him to be.

Mark 1:32-38

That evening after sunset the people brought to Jesus all the sick and demon-possessed. The whole town gathered at the door, and Jesus healed many who had various diseases. He also drove out many demons, but he would not let the demons speak because they knew who he was. Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. Simon and his companions went to look for him, and when they found him, they exclaimed: "Everyone is looking for you!" Jesus replied, "Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come."

Jesus helped a countless number of people. There is something so fulfilling in helping others but it also takes time and energy. Jesus had helped so many, spent so much time giving that he needed to take a break and spend time with God. Simon found him and asked him to come back and continue healing but Jesus would not. Instead he told Simon they would leave so he could preach to the nearby villages.

Part of the reason it is so difficult to say no is because most of the things people ask us to do are good things, but care and compassion are limited resources. There is a real thing called compassion fatigue, this is the emotional stress or apathy resulting from the constant demands of caring for others. Even Jesus did not have unlimited capacity. Sometimes he had to say no and so do we.

Others expectations for you may be good things, but that doesn't mean they are the best things. We have to learn to say no to the good things so we can say yes to the best things. We need to learn to say no to who others think we should be so we can say yes to who God created us to be.

DISCUSS

What are some of the should expectations that others have of you?

Reflect on a time that you said no to a good thing and that allowed you to say yes to a best thing. Share this with your group.

Is there a should expectation in your life now that you need to say no to in order to free you up to say yes to a best thing?

Have you ever experienced compassion fatigue? Share about this with your group.

In Mark 1:32-38, after helping many people Jesus went away by himself and spent time with God. Do you tend to seek renewal in God's presence after helping others? What does this look like for you?

Brainstorm with your groups ways that you can say no to good things so you can say yes to the best things.

PRAY FOR YOUR GROUP

Pray that we would seek guidance from God in identifying what the good things are that we need to say no to so that we can say yes to the best things.

PRAY FOR FCC

Pray that we would follow God's lead over others and we would say yes to who God created us to be.

PRAY FOR OUR GLOBAL PARTNERS

Pray for growth in our FCCHB community with local community partners. Pray that many will take practical steps to share resources of time and energy and the love of Jesus right here at home. Lead and direct us in sharing your love as we grow to know more about you and learn to love others more.