

Lake Highlands Church

Sunday Assembly Reflection – 2/1/15

RECAP: On Sunday, we heard from five individuals who testified to how the body of Christ, the church, lived out in community has impacted their lives.

- Gloria Moore said the international women and the people in the Russell lifegroup ministered love and support to her during this very difficult season of grief and confusion, and dealing with the death of her husband, Randy.
- Jill Orth said the Reynolds lifegroup has been a safe place to her as she watched her husband of 30 years be imprisoned. She spoke of the prayers sustaining her and that she was learning how to be real.
- Donna Hogg said the Register lifegroup spoke truth into her life and ministered healing of her lifelong depression and “victim mentality,” so that she is living her real gifting and identity now.
- Abigail Register said the Young Adult lifegroup did not judge, but loved her and helped her after she admitted that she had been hiding and lying to them about a situation.
- Michelle Schwartz said she is learning about Christ’s love by the consistent friendship in the Chrane lifegroup, and the liberating power of saying out loud that “I’m stuck.”

A couple of these women commented on how they really didn’t want to be in a community, that “it just wasn’t for them,” but they showed up anyway.

Almost everyone talked about lifegroup being a safe place, where people called out the lies and spoke truth into each other. Because we have all been wounded in some way by others, we have created defense mechanisms, walls of protection that we trust to keep us safe.

But the stories today demonstrated that the truth is just the opposite. Without the power of God’s love working through His body, these people were not at all safe. They were stuck in depression, fear, anxiety, grief, confusion and mistaken identity – not liberated and not safe.

Jim reminded us that, “The center of a person is the capacity to connect – it is the result of design, not defect. About ten years ago, I was given the nickname, “Hard as Nails” because of the walls I hid behind. No one could know me, my secrets, or how needy I truly was. I hated that label, but I honestly thought that was my design, because I was so defective. The power of living out loud in community changed all that for me. I have been liberated by others loving me and from learning truth that I could only hear from outside my own head.

REFLECTION QUESTIONS: Take one of the questions below (or more if you have time) and share in your group. Be sure to read and thereby declare the truth of Romans 12:5 as you end.

1. Name one thing that spoke to you from the stories and why?

Sunday Assembly Reflection is written by Lake Highlands Church members for Lifegroups and individuals to receive more from the spoken Sunday message through reflection and quick discussion. It is published on the first three Monday’s of the month. If you are interested in knowing more about a Lifegroup or have a question about the reflection, please contact [Donjalea Crane](#).

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2. Each one of these stories required the person to be authentic, honest, and real with others. Share with your group how real you think you are in community, and what beliefs might be behind your behavior?
3. Pray the truth of Romans 12:4-6 out loud together as a group: “In this way, we are like the various parts of a human body. Each part gets its meaning from the body as a whole, not the other way around. The body we’re talking about is Christ’s body of chosen people. Each of us finds our meaning and function as a part of this body.”

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