

Lean on Me Study Guide

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Series Overview

God does not intend for us to be alone ([Gen 2:18](#)). When we are in community with other believers, we can lean on them to help us:

- Grow in Christ.
- Experience giving and receiving love.
- Give and receive grace.
- Focus on our true purpose.

Using This Guide

You may choose to use this guide:

- for personal study and reflection
- as a discussion guide with any group of people interested in what the Bible says about these topics

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1-Lean on Me for Growth

Icebreaker: Grits

There is no such thing as a single grit. Grits don't exist alone. Discuss how people are like grits. Even though some people are grittier than others, God intends us to be in community with others.

Questions for Study or Discussion

- When we exhort one another, it helps us grow ([Acts 2:40](#)).
Exhorting is more than encouraging. Discuss times when someone exhorted you in the following ways:
 - ▶ Urged you to follow God's Word
 - ▶ Comforted you when you struggled
 - ▶ Confronted you when you went against God's Word
 - ▶ Encouraged you when you took a risk for God

- Fellowship is more than social events. It is sharing our spiritual lives with others ([Acts 2:42](#)). What are the benefits of sharing our spiritual lives?
 - ▶ [Proverbs 27:17](#)
 - ▶ [Psalm 133:1](#)
 - ▶ [Hebrews 3:13](#)What opportunities do you have for sharing your spiritual lives with others?

- In what ways are two better than one ([Ecc 4:9-12](#))?

Dig a Little Deeper: My Brother's Keeper

- You are your brother's keeper [**Gen 4:9**]. Keeper = shamar (Hebrew for guard, protect, attend). Who in your life do you guard and protect?
- You need others and they need you [**1The 2:7**]. What have others done to guard and protect you?

Application Exercise: Mutual Keepers

In the following week:

- Lean on someone for support and encouragement.
- Encourage someone in his/her walk with God.

2-Lean on Me for Love

Icebreaker: Because He First Loved Us

We love Him because He first loved us ([1John 4:19-21](#)). In what way can we love others before they love us?

Questions for Study or Discussion

- Fellowship is more than social events. It is showing love for one another ([Acts 2:42](#)). What are small ways to express your love for others?
- When it comes to love, why do our actions speak louder than words ([1John 3:18](#))?
- How is bearing one another's burdens an act of love ([Rom 15:1-6](#))?
- How is serving one another an act of love ([Gal 5:13](#))? Make a list of ways to serve one another.

Dig a Little Deeper: Showing Love for God

To show God you love Him, which of these have you done?

- Kept His commandments ([John 14:21](#)).
- Fed His sheep ([John 21:15](#)).
- Avoided causing others to stumble ([Rom 14:15](#)).
- Praised Him ([Psa 113:1](#)).
- Served Him with gladness ([Psa 100:2](#)).

Application Exercise: Showing Love

During the following week, do one thing to show love for each of the following:

One Thing I Will Do	for:
	God
	a family member
	a person in my community
	a person in my church
	a stranger

3-Lean on Me for Grace

Icebreaker: I Didn't Deserve It

Discuss times when someone did something kind you didn't deserve.

Questions for Study or Discussion

- Cultivating deep relationships as God desires begins with caring [**1The 2:7-8**]. What are practical ways to show others you care about them?

- To nurture another person, you must share part of yourself [**1The 2:8**]. Make a list of ways to share part of yourself with others.

- Which of the following are you most likely to do to express your love for other people?
 - Tell them how dear they are to you.
 - Give them a hug.
 - Do something nice for them.
 - Spend quality time with them.

- God wants us to spur one another on toward love and good deeds [**Heb 10:24-25**].
 - ▶ Who encourages you to express Christ's love to others?
 - ▶ Who do you encourage to reflect Christ's love?

Dig a Little Deeper: Authenticity

How do you make room for people in your life? What helps or hinders authenticity?

- [Proverbs 25:28](#)
- [Proverbs 15:1-2](#)
- [Proverbs 16:23-24](#)
- [Matthew 7:1-5](#)
- [Colossians 4:5-6](#)

Application Exercise: Be an Encourager

Pick one thing from the following list to practice in the coming week.

- Pray for others ([Jas 5:16](#)).
- Be patient ([Eph 4:2](#)).
- Be sensitive. Choose words to build up others ([Eph 4:29](#) and [John 1:14](#)).
- Listen to others ([Pro 13:3](#) and [Jas 1:9](#)).

4-Lean on Me for Purpose

Icebreaker: What is Community?

Community = a unified body of individuals who share joint ownership and participation in something

What does your group jointly own? In what do you participate together?

Questions for Study or Discussion: Common Ground

- We serve the Lord (**Eph 4:1**). We are brothers and sisters in Christ. All believers are Kingdom agents who have the responsibility to reach others for Christ. Make a list of ways we can help everyone become outward-focused followers of Christ.
- To have true fellowship with one another, we must walk in the light (**1John 1:7**). Discuss how your common faith unites you.
- To share Christ's light and love requires that we connect with others (**Acts 2:46**). Make a list of people with whom you connect.

Dig a Little Deeper: I Will Build My Church

Think about the passages in the table.

I	The Church is about Jesus	Col 1:18
Will	The Church is about Jesus' Promises	Heb 10:36
Build	The Church is about Restoration	Eph 4:11-15
My	The Church is about Servanthood	1Pet 5:5-6
Church	The Church is about Community	Ecc 4:9-12

Application Exercise: Gifts for a Purpose

God gave each of us gifts for a purpose ([Rom 12:6-8](#)).

Make a plan to use your gifts to serve others at least once in the coming week.