

Lean Back... It will be ok

Knowing Jesus as a Comforter

PREPARE

Lent is a season of preparation. Preparing our heart so that we can fully experience the power and transformation of the resurrection of Jesus. It should be a time of personal reflection which opens your heart to confession and repentance. We want to get to know the heart of Jesus so that in our own brokenness and deep need we can draw closer to him and not turn away in disgrace... but fully experience his grace and mercy. Take a moment or two to quiet your heart and ask Jesus to draw yourself to him in this time.

Read Psalm 32:1-5

¹ Blessed is the one

whose transgressions are forgiven,
whose sins are covered.

² Blessed is the one

whose sin the LORD does not count against them
and in whose spirit is no deceit.

³ When I kept silent,

my bones wasted away
through my groaning all day long.

⁴ For day and night

your hand was heavy on me;
my strength was sapped
as in the heat of summer.

⁵ Then I acknowledged my sin to you

and did not cover up my iniquity.

I said, "I will confess

my transgressions to the LORD."

And you forgave

the guilt of my sin.

- **Take time to search your heart for any sin which is causing your "bones to waste away". Acknowledge your sin to God.**

REFLECT

In your core group, briefly discuss one of these three questions. Break into triads if necessary.

1. How have you experienced the blessing of God in these past few weeks?
2. What burdens, worries, or anxieties have you been carrying and would appreciate prayer for?
3. What's a next step looking forward that you are excited about, fearful about, or uncertain about and want to step out in faith and need prayer support for?

STUDY

Read John 14:1-14. Jesus the Comforter

The disciples' hearts are full and anxious over Jesus' prediction of Judas' betrayal and Peter's denial. On top of that, Jesus tells them He will soon leave them. Chapter 14 is Jesus' response to and remedy for this anxiety and includes another of Jesus' "I am" statements.

- In verses 1-4 what are key truths Jesus tells the disciples? How do these verses comfort your spirit?

What should you do when facing troubling circumstances?

- In verses 5-11 Thomas and Philip both honestly confess that have questions about who Jesus is. How does Jesus respond to them?

Because we live in a finite, physical world, we don't have the ability to see or know the future. In what area right now do you find yourself trusting God even though you can't see the way?

- In verse 12, does he mean the church will do works greater in power? How could this be?

Read 2 Corinthians 1:3-7 & 7:5-7

- What do you learn about the comfort of Jesus?
- What role does the church play in helping those who are hurting experience comfort?

Read Isaiah 49:8-13

- Describe this "Restoration of Israel"... what does this tell us about the heart of God?

In John 13:22-25, the "disciple who Jesus loved" (John) leaned back against Jesus as they ate dinner together... Imagine you are in the place of John. Lean back against Jesus...

- What do you need from him in this time?
- What can you imagine him saying to you?

RESPONSE

- From your review of the Scriptures in this study how would you answer this: "Jesus is..."
- Where in your life do you need to experience the comfort of God today?
- As you look around your life, in what situation could you bring to comfort of God to others?

Close in Prayer: List prayer requests here.