






 <p>SERIES & TITLE</p>	<p>JESUS MANIFESTO: Blessed are the those who Mourn</p>
 <p>BIG IDEA</p>	<p>Heart work is hard work.</p>
 <p>ICE BREAKER</p>	<p>Share a time when you experienced deep emotion (sadness, grief, joy, etc.) and someone was present with you in a meaningful way. How did their presence impact you?</p>
 <p>MAIN POINTS</p>	<ul style="list-style-type: none"> ● The Good Life according to Jesus is often a paradox ie. happy are those that are sad. ● Jesus exemplified emotional vulnerability and connection. ● Sharing our whole hearts and being present with others' emotions leads to deeper relationships and comfort. ● Avoiding or suppressing emotions robs us of joy and meaningful connections.
 <p>DISCUSS</p>	<ol style="list-style-type: none"> 1. What most stood out to you from the message this past weekend? 2. Why do you think Jesus wept at the tomb of Lazarus, even though he knew he would raise Lazarus from the dead? 3. How does our culture typically view or respond to expressions of deep emotion? Why do you think we often avoid or suppress emotions? 4. Read Psalm 56:8. What does this verse reveal about God's perspective on our emotions? 5. Share a time when you were reluctant to share your emotions with someone. What held you back? How might that situation have been different if you had been more vulnerable? 6. In what areas of your life (work, family, friendships, etc.) do you need to practice more emotional vulnerability and connection?
 <p>NEXT STEP</p>	<p>If vulnerability is the courage to share your whole heart - how can you practice vulnerability this week?</p>
 <p>SCRIPTURE</p>	<p>John 11:32-35 When Mary reached the place where Jesus was and saw him, she fell at his feet and said, “Lord, if you had been here, my brother would not have died.” When Jesus saw her weeping, and the Jews who had come along with her also weeping, he was deeply moved in spirit and troubled. 34“Where have you laid him?”he asked. “Come and see, Lord,” they replied. Jesus wept.</p> <p>Psalm 34:18 - The Lord is close to the brokenhearted and saves those who are crushed in spirit.</p>
	

**NEXT WEEK
SNEAK**

Join us next week as we continue our summer series: JESUS MANIFESTO! Pastor Shan will be teaching this summer - you're not going to want to miss this. Tune in in-person or online at [CentralAZ.com/messages!](https://CentralAZ.com/messages)

Questions or Feedback? Email Groups@CentralAZ.com