

notes.



## DEAR WOMAN...

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**John 19:26-27** When Jesus saw his mother there, and the disciple whom he loved standing nearby, he said to his mother, "Dear woman, here is your son," and to the disciple, "Here is your mother."

1. Relationships: Someone needs to help you.

2. Orientation: You need to find up.

Luke 2:34-35, Acts 1:14

### Today's Music

God of the Promise - Elevation Worship

Great Things - Phil Wickham

Resurrecting - Elevation Worship

See a Victory - Elevation Worship

Seabreeze CCL#105966

Unless otherwise stated, verses are quoted from the New International Version of the Bible by permission of Zondervan Publishers.

**Warm-Up**

1. Do you prefer to vacation in the mountains with the snow or in a warmer climate?
2. What do you look for in a friend?

**Talk It Over**

3. Looking back at your notes from this week's message, what did you find most challenging or helpful?
4. Read Hebrews 10:19-25. What does this passage reveal about what Christ has done for us?
  - In response to what Christ has done, what actions are we instructed to take in verses 22-25? What are some of the outcomes of those actions?
5. Building and then staying engaged with a Christian community is not easy. What challenges have you experienced?

6. The *Seabreeze Strategy* gives us a visual pattern of behavior for continued growth. How do you think the strategy would help us apply the actions from Hebrews 10?



7. In what ways do you think this strategy could help us prepare for and survive through the circumstantial avalanches of life?
8. Considering your current pattern of behavior, where in the Seabreeze Strategy are you under-involved or over-involved?

**Take It Home**

9. Think back through the discussion. What is one thing God is challenging you to focus on? What is a next step you could take?