

NCS MESSAGE GUIDE

TOPIC: Tend to the suffering.

SCRIPTURE: 1 Corinthians 12:26-27

CENTRAL TRUTH: When one of us suffers, we all suffer. Tend to the suffering.

PRAYER: Father in Heaven, help me see the ways You're calling me to see and mend the suffering around me, and to speak up when my voice is needed.

Scripture

If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it. Now you are the body of Christ, and each one of you is a part of it.

Message Summary

There's no shortage of suffering around us right now, especially in light of the protests over police brutality and pain in the Black community. As members of the Body of Christ, when one of us hurts, we all hurt. What does a moment like this expect of us? Among other things, we need to acknowledge the suffering around us, we need to tend to those wounds, and we need to speak up.

Questions to Consider

1. We talked about 3 things to do in the face of suffering, particularly the hurt experienced by the Black community right now. Can you name other ways you can contribute?
2. What are the parts of your "story" that you're afraid to tell? What would it look like to let someone else "share your story" with you?
3. Why is it hard to speak up against racism?

Daily Spiritual Practice

Monday

Watch [“Playing With Fire”](#) by Kings Kaleidoscope (ft Propaganda)

Tuesday

Read Ephesians 2:14. Reflect for 3 minutes on the Scripture.

Wednesday

Take time today to pray and be real with God. Tell him what’s really on your mind. How you feel and what you’re struggling with.

Thursday

Draw close to someone you trust, and let them in on something you normally don’t feel comfortable sharing.

Friday

Listen to the song [“Break Us”](#) by Bifrost Arts