

STUDY NOTES

THE WAYS OF GRACE

A Series At New City Church

newcityphx.com/sermons

The following content is based on the message "When Helping Hurts" on 9/15/19 at New City Church in Phoenix, AZ. The following is not meant to be a full synopsis but rather a brief look at the main ideas. To use this study guide effectively, you must listen to the message found at <http://newcityphx.com/sermons/>.

Leaders using these notes for group study and reflection should read the biblical text thoroughly before beginning, using this resource as assistance and not relying solely on this material for insight. We encourage all leaders to pray and ask the Spirit for revelation as they lead their respective community groups.

PRAYER

Pray and ask God to lead the discussion as everyone gets to share.

SCRIPTURE: LUKE 10:38-42

TURNING OUR FLAWS TO GOD

The Enneagram offers nine mirrors for self reflection. The goal of the Enneagram is to help you let go of the walls you've built based on sin and fear. It should guide you in learning to be comfortable with your flaws and turning them over to God!

THE HELPER

Today's passage describes Enneagram type 2, "the helper." Martha was a helper. She wanted to make sure everything was set just right for Jesus, but by focusing on what needed to get done, she was distracted from spending quality time with Jesus.

Below are some type 2 strengths:

- The Helper strives for lavish love on others through self-sacrifice.
- They are generous and demonstrative.
- They are great friends and great listeners.
- They are hospitable neighbors.
- The social network would collapse without helpers.

Mature helpers have learned to love without conditions, ulterior motives, or hidden agendas.

- Describe a time when you felt genuinely cared for by someone who could be typed as a helper. [Or] If you are a helper, how have you seen these strengths in your life?
- Why do you think we need people like this in our lives?

UNHEALTHY HELPER TENDENCIES

Below are some descriptions of unhealthy tendencies in a helper:

- A pitfall of helpers is flattery: Flattering others so they can be flattered in return.
- Unhealthy helpers need constant affirmation.
- Helpers can love intensely but also hate intensely when they do not feel their love being reciprocated.
- Helpers who are sinned against have a very hard time confronting someone else because they are dependent on that other person liking them.
- Immature helpers struggle with their own identity because their identity is wrapped up in how others see them.
- The temptation of the helper is to continually help others and, in this way, evade themselves. They can people-please as an act to avoid something inside of themselves.

The helper's greatest sin is pride.

- How do you think the helper's strengths can play out in these unhealthy tendencies?
- How do you think the helper's unhealthy tendencies influence their relationship with God? How do you resonate with this process?

THE HUMBLE HELPER

The cure for pride in the unhealthy helper is humility. Martha wanted Jesus' attention through serving. Martha wanted Jesus to tell her sister Mary that she needed to help her in her busyness. However, Jesus said that Mary took the better option because she humbly sat with Jesus to listen. Jesus himself proved to be our ultimate example of humble service when he came to earth and went to the cross for us. Our true self can only be found when we humbly submit to Jesus.

We serve our neighbors best when we love God and have our identities fully rooted in Him.

- How can you tell the difference between serving to gain an identity or serving because you find your identity in Christ?
- What are some ways that you can serve someone else without being seen?
- Pray with each other to serve/help one another out of love.