

SHOW UP



Bible Study

Session 1: Introduction

Prior to meeting, please read **Chapters 1-3**

BIG IDEA: God's plan to reach people is to use people who are willing to show up. Are you one of them?

Before we start, thank you.

Too often, great opportunities slip through our fingers because of anxiety, nerves, or fear to venture into the unknown and take a risk for God. Yet, the fact that you are reading these words shows you are different than most. Showing up intrigues you. Stepping out of your story and into someone else's captivates you. Most importantly, your desire to honor God inspires you. Even if those three descriptors are only slightly true for you, that's good. God can and will use you.

While **Show Up** doesn't contain traditional book-chapter-verse Scripture references, key Biblical truths saturate every page. For those wishing to explore the faith-based side of showing up, this Bible Study provides exactly what you need. The journey ahead will dive into Scripture in order to more fully develop your passion and confidence to show up.

Be prepared. The journey is not easy, comfortable, or typical. Yet again, as Christ-followers, we aren't called to ease, comfort, or the status quo. Instead, we boldly follow as He leads us into the unfamiliar. That's when He does His greatest work.

Again, thank you for several reasons.

Thank you for willingness to show up for other people; opportunities will come to you with increasing frequency as you make yourself available. Thank you for exploring God's Word to examine how it applies to your life right now. Thank you for shining bright light where it's needed most in our world today—to combat the darkness of loneliness. And thank you for refusing to allow this great opportunity to slip through your fingers.

To start your journey: What makes you most excited about this Bible Study?

BIBLE STUDY & LARGE GROUP DISCUSSION

Read Genesis 2:18

It's not good for man to be alone. This truth includes all the people that you see every day! God created us to be in relationships with one another, but it's our choice whether or not we pursue those relationships.

Have you ever been lonely? What was it like?

Think about a relationship that means a lot to you. How would you describe it and what makes it great?

Read John 13:35

Yes, words matter, but actions also matter. The best way to share our faith is to live it out—loving the way Jesus would love. Showing up is a loving act, and God is love. Therefore, to show up shares our faith by sharing Him.

When is it most difficult for you to love others?

When is it easiest for you to love others?

Constantly ask yourself: Does your life *illuminate* Christ's love? When people see your actions, do they recognize that I love Christ and live for Him?

When have you witnessed this passage lived out?

PERSONAL REFLECTION

Describe the place that God has uniquely positioned you in right now? Who are the people?

How are you doing with living out John 13:35? Do you love others the way you believe Christ calls you to love them?

MORE DISCUSSION

Read the italicized verse at the end of each chapter and discuss how it applies to the stories you read.

Before the NEXT SESSION: Read Chapters 4-7

SESSION 2: Notice

Chapters 4-7

BIG IDEA: Noticing others the way that Jesus did doesn't start with your eyes. It starts with your heart.

Remember a time when you were lonely, hurting, or down. Did anyone notice you and your situation? If yes, how did that make you feel? If no, how would that have helped?

What prevents you from noticing others who are lonely, hurting, or down?

BIBLE STUDY & LARGE GROUP DISCUSSION

Read John 4:4-15

Throughout Jesus' time on Earth, he constantly noticed people; often they were the "outcasts" of that era's society: sick, sinners, or Samaritans. In this passage, Jesus talked with a Samaritan woman; definitely a brazen act that violated cultural, racial, and societal rules. Yet, these prohibitions did nothing to prevent Him from demonstrating love to her. Jesus saw the woman for who she was and still accepted her. The result? The Samaritan woman saw that Jesus was different, and she felt His love—all from a conversation. Jesus noticed others despite their skin color, language, gender, or any other labels.

What cultural, racial, or societal barriers prevent you from truly noticing others? Why is it easy to do?

Read Philippians 2:3-4

Humility: Valuing others above yourself or looking out for others' interests instead of your own—a very practical way to love. Yet, humility is often difficult to actually live out.

Why is it tough to take focus off yourself and direct it towards others?

Read Romans 12:9-16

What does it look like to truly notice others? According to this passage:

- Love with sincerity
- Honor others above yourself
- Share with those who are in need; practice hospitality
- Bless others; don't curse them
- Rejoice with those who rejoice
- Mourn with those who mourn
- Live in harmony with others
- Be willing to associate with people of low position

Considering this list, how well do you see the people around you who might long for someone to notice them?

PERSONAL REFLECTION

What is your heart's capacity to notice others right now? What gets in the way?

Which specific people do you need to notice? Write their initials here:

Be completely honest. Do you believe God notices you? How do you know? Is He part of your life a) a lot, b) a little, or c) not at all?

MORE DISCUSSION

Read the italicized verse at the end of each chapter and discuss how it applies to the stories you read.

Before NEXT SESSION: Read Chapters 8-12

SESSION 3: CHOOSE

Chapters 8-12

BIG IDEA: After noticing someone, you have a choice: Do little/nothing or take action.

Describe a time that you had a big choice to make. What were the options? Why was it difficult to make the decision?

In the previous session, we discussed noticing others. Have you ever noticed someone struggling yet decided to not do anything about it? What prevented you from doing something?

BIBLE STUDY & LARGE GROUP DISCUSSION

Read Nehemiah 1:1-4

Bad news. While he was the cupbearer to the king (a position of influence) in the city of Susa, Nehemiah's brothers informed him that the wall around Jerusalem was in ruins. That doesn't seem like a big problem to us, yet for Nehemiah it felt catastrophic. A city without a wall created constant fear because an outside attack could happen at any moment. A wall also created a collective identity for a city—no wall meant disgrace and embarrassment.

What was Nehemiah's reaction to learning about Jerusalem's wall? Describe the emotions you think Nehemiah felt.

What did Nehemiah do in response?

Read Nehemiah 2:1-18

Nehemiah was a man of action—he wouldn’t allow himself to be passive or lazy. Simply noticing Jerusalem’s problem (no wall) didn’t offer any solutions, nor did “feeling sorry” change anything. Something had to be done.

After *praying* for God to use him, Nehemiah received his mission: Rebuild the wall. But Nehemiah wasn’t a professional wall-builder and knew nothing about architecture! Could God really use him? A **choice** needed to be made: Disobey out of fear or obey God.

Doing nothing would have been easy for Nehemiah to choose. But deep in his heart, he wanted to do something big for God. Nehemiah chose to rebuild the wall. Nothing was going to stop him. Though it was a large task, God was larger.

Do you think Nehemiah wanted to say no? Why?

Why do you think Nehemiah chose to show up for Jerusalem?

PERSONAL REFLECTION

List pressures that prevent you from choosing to show up for other people:

Like Nehemiah, you may notice a person and feel bad for him or her. You will then have a choice to make: Do little/nothing or take action. It's not a small choice, but you will need to make a decision. In this moment right now, decide if you will show up whenever the opportunity arises. Choose Yes or No.

In your personal reflection time during last session you answered whether or not you believe God notices you and is part of your life. God does notice you. In fact, He knows you by name and thinks about you all the time. He loves you so much that He wants to be in a relationship with you forever. To demonstrate His love for you, God sent His one and only Son Jesus Christ to live a perfect life (he never messed up or sinned!) here on Earth. Even though you find yourself making mistakes time after time, Jesus died on a cross to take the punishment for your faults. The story doesn't end in death, though. Three days after dying, Jesus rose up from the grave and lived! He is now in Heaven and allows you to be in that loving-relationship with God—but you need to make a personal choice to follow Jesus. You can make that choice right now. Simply pray and tell God that you believe Jesus was raised from the dead and that you want Jesus to be the Lord and Savior of your life.

If you chose to start following Jesus, made a recommitment, or have a question, please tell your leader.

MORE DISCUSSION

Read the italicized verse at the end of each chapter and discuss how it applies to the stories you read.

Before NEXT SESSION: Read Chapters 13-14

SESSION 4: Start

Chapters 13-14

BIG IDEA: Start simple. Start small. But just start. And remember: When you show up, God shows up too.

Is it easy for you to start doing something new? Why or why not?

BIBLE STUDY & LARGE GROUP DISCUSSION:

Read Matthew 28:18-20

Known as the *Great Commission*, Jesus gave His disciples a big task after He resurrected from the dead: Tell the entire world about Him. To help them start, Jesus gave simple instructions to this small group: “Therefore, go...” Don’t worry. Don’t overanalyze. Don’t spend months planning. Just go.

The best part? Jesus promised to be present—always.

Go. Why do you think the disciples trusted Jesus with this straightforward command?

What does it mean to you that God is always with you?

Read Acts 1:8

But where should the disciples go and share the good news? Start in **Jerusalem** (nearby), travel to **Judea and Samaria** (further away), and finish at the **ends of the earth** (a long way away).

Jesus knew that the disciples couldn’t do any of this on their own. They needed a lot of guidance and a big boost of power. Enter the Holy Spirit. Through the Holy Spirit’s help, the disciples grew bold,

wise, and courageous. Their hearts were sensitive and responded to what God wanted to say and do through them. Likewise, God opened other peoples' hearts so that they could learn about Jesus through the disciples' teaching. Where Jesus leads, He provides—that is powerful!

God promises to give us the Holy Spirit to be our source of power, especially when we show up for others. When you show up, God shows up too. How does that encourage you?

Read the following verses aloud, remembering that each is a direct promise from God:

*Isaiah 41:10
2 Corinthians 3:12
Exodus 4:12
Colossians 4:5*

Which verse speaks to you the most and how does it inspire you to start showing up for others?

PERSONAL REFLECTION:

“Jerusalem”

God wants me to show up for _____ in my close friend group. God wants me to show up by _____.

“Judea & Samaria”

God wants me to show up for _____ in a larger group I'm part of. God wants me to show up by _____.

“Ends of the earth”

God wants me to _____ in order to bring the “Show Up” way of life to another area.

MORE DISCUSSION

Read the italicized verse at the end of each chapter and discuss how it applies to the stories you read.