

S E R M O N O U T L I N E

STRESS

Relief

B R I G H T O N C O M M U N I T Y C H U R C H



STRESS RELIEF 4. NEW COMMUNITY

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⁹ Love must be sincere. Hate what is evil; cling to what is good. ¹⁰ Be devoted to one another in love. Honour one another above yourselves. ¹¹ Never be lacking in zeal, but keep your spiritual fervour, serving the Lord. ¹² Be joyful in hope, patient in affliction, faithful in prayer. ¹³ Share with the Lord's people who are in need. Practise hospitality.

¹⁴ Bless those who persecute you; bless and do not curse. ¹⁵ Rejoice with those who rejoice; mourn with those who mourn. ¹⁶ Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited.

ROMANS 12

#1. POINT EACH OTHER TO GOD

¹² Be joyful in hope, patient in affliction, faithful in prayer.

ROMANS 12

²³ Let us hold unswervingly to the hope we profess, for he who promised is faithful. ²⁴ And let us consider how we may spur one another on towards love and good deeds, ²⁵ not giving up meeting together, as some are in the habit of doing, but encouraging one another – and all the more as you see the Day approaching.

HEBREWS 10

#2. CARE FOR EACH OTHER

¹⁴ Bless those who persecute you; bless and do not curse. ¹⁵ Rejoice with those who rejoice; mourn with those who mourn. ¹⁶ Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited.

ROMANS 12

⁴² They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer. ⁴³ Everyone was filled with awe at the many wonders and signs performed by the apostles. ⁴⁴ All the believers were together and had everything in common. ⁴⁵ They sold property and possessions to give to anyone who had need. ⁴⁶ Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, ⁴⁷ praising God and enjoying the favour of all the people. And the Lord added to their number daily those who were being saved.

ACTS 2

³ Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, ⁴ not looking to your own interests but each of you to the interests of the others.

⁵ In your relationships with one another, have the same mindset as Christ Jesus:

⁶ who, being in very nature God,

did not consider equality with God something to be used to his own advantage;

⁷ rather, he made himself nothing
by taking the very nature of a servant,
being made in human likeness.

⁸ And being found in appearance as a man,
he humbled himself
by becoming obedient to death –
even death on a cross!

PHILIPPIANS 2

#3. SHARE RESOURCES WITH EACH OTHER

¹³ Share with the Lord's people who are in need. Practise hospitality.

ROMANS 12

³² All the believers were one in heart and mind. No one claimed that any of their possessions was their own, but they shared everything they had. ³³ With great power the apostles continued to testify to the resurrection of the Lord Jesus. And God's grace was so powerfully at work in them all ³⁴ that there was no needy person among them. For from time to time those who owned land or houses sold them, brought the money from the sales ³⁵ and put it at the apostles' feet, and it was distributed to anyone who had need.

ACTS 4

¹⁶ This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers and sisters. ¹⁷ If anyone has material possessions and sees a brother or sister in need but has no pity on them, how can the love of God be in that person? ¹⁸ Dear children, let us not love with words or speech but with actions and in truth.

1 JOHN 3

DISCUSSION QUESTIONS

- 1. What causes you to isolate yourself from your faith community? Why do we need one another to point us to God?**
- 2. How was the early church able to build a community that was inclusive and attractive in their divided and hierarchical society? What can your cell group do to grow in this area?**
- 3. How have you benefited from the self-giving acts of other members in Brighton Community Church? In what ways can you contribute and be a blessing to other members of this community?**