



A Guide for Spiritual Formation

Text for the Week: Genesis 6:5-13, 7:17-18, 9:8-17

Message for the Week: Drowning in Suffering

Sunday, April 30, 2023

Opening:

What is one low (a bad thing) and one high (a good thing) that happened to you this past week? Write them down and take turns sharing them with the others in your group.

Where have you seen the work of the Holy Spirit in your life this past week?

When was the last time you saw a rainbow?

Preparation:

Spend 1-2 minutes in silence with God to center and prepare yourself for your time with God today.

Read:

Read / Have two people in your group read [Genesis 6:5-13; 7:17-18; 9:8-17](#) out loud.

[Clicking this link will bring you to multiple translations.]

As you read and/or listen to the text being read, circle, take note of, highlight, or underline what words, phrases, or ideas grabbed your attention and heart in these verses?

Write them down below and/or share them with those who are with you.

Respond / Reflect:

What do you make of God's punishment for sin in this story?

This story reveals the heart of God for us. What things do you notice about the heart of God in the story of Noah?

How is humanity portrayed in this story?

Have you ever suffered as a parent on account of your child's suffering? Explain what this was like.

What is needed for complete redemption from our sin?

God makes a covenant with humanity in this story. What things do you notice about the terms of the covenant that God makes with us?

Try It:

Sin is the cause of brokenness in the world. Where are you suffering because of sin? Broken relationships? Disease? Death? God suffers with us because of these things. Recognize that all is not right in the world. Where do we need the cleansing and refreshing of Jesus Christ?

Write the things that need Jesus' cleansing and refreshing on your hand with a marker. Wash your hands, and as you do, ask God to restore you.

Prayer:

Spend time in prayer with/for the other people who are with you. Pray this prayer together:

Father, in the midst of our brokenness, pain and suffering, bring the cleansing and refreshing of the grace that flows from the throne of heaven. Remind us that we are not alone, but that you came for those who are weary and burdened. Help us to find our rest in Christ alone. AMEN

Missional/Spiritual Practice: Hospitality

During the months of April and May, you are invited and encouraged to engage in the missional practice of [Hospitality](#). Hospitality is about creating welcoming space for the other. The practice of hospitality originated in the ancient world and was expected as travelers would seek shelter and food after traveling great distances. This practice is about living a life of hospitality. Henri Nouwen writes, "Hospitality is not to change people, but to offer them space where change can take place. It is not to bring men and women over to our side, but to offer freedom not disturbed by dividing lines."