



SERIES: What's Holding You Back?

Week 2: Jeremiah – Bearer of Bad News	
<p>Connect</p>  <p>5 – 10 min</p>	<p>In one sentence, what piece of good news would you love to hear from someone this week?</p> <p>OR</p> <p>Play “Good News / Bad News”: Take it in turns to alternately add a line of good news then bad news to a story. Eg: The good news is that I won a million dollars. / The bad news is that the tax man took away almost half of it. / The good news is that I still had lots of money. /The bad news is that a thief took the rest. /The good news is that the police caught the thief. / etc... <i>Starter line:</i> “The good news is that I've got the day off tomorrow” (Or make up your own.)</p>
<p>Gratitude</p>  <p>10 – 15 min</p>	<p>Have each person grab a (small) rock from the garden or have a selection on hand for people to choose from. Have a cross or picture of a cross in the middle of the group. Think about a difficulty or obstacle in your life – past or present - that your rock can represent. Think about and give thanks for how God was, is or can be using that difficulty to show you something about him self, and/or to grow and mature something good in you. People can share if comfortable, but don't have to. Place the rocks around the cross as a symbolic act of handing those difficulties over to God. Play a song such as Even When it Hurts – Praise Song (Hillsong United) or 10,000 Reasons (Matt Redman or Rend Collective) while this is happening. Pray together thanking God for his presence, power and purpose in our lives.</p>
<p>Discover</p>  <p>and</p> <p>Act</p>  <p>35 mins</p>	<p><u>Series Context</u></p> <p><i>What's holding you back? Most of us experience a lack of confidence or competence at different times or in different situations. But 2 Corinthians Chapter 3, verses 4-6 remind us that our confidence and our competence to be God's good news bearers comes from Jesus, not from ourselves.</i></p> <p><i>So what's holding you back?</i></p> <p><i>In this series we look at some less familiar characters from the Old Testament. We'll see how their stories can encourage us to have confidence in God and not hold back on what he wants to do in us and through us.</i></p> <p>THIS WEEK: Jeremiah, Old Testament Prophet (See attached teaching and discussion guide)</p>

For Kids Slot or family devotions

JellyTelly's Old Testament Heroes - 5 Minute Family Devotional on Jeremiah

<https://youtu.be/3-wyij9hYQQ>

Uses cartoons and puppets to gives an overview of Jeremiah, his life and message.

Key verse = Jeremiah 31:33. Includes two “Let's Talk” questions and a “Let's Pray” suggestion.

House Church Guide



Jeremiah: Bearer of Bad News

Book of Jeremiah

These notes are intended to be read aloud by a leader, pausing for Bible reading, discussion & prayer as you go.

1. Introduction

Jeremiah was a prophet who was quite young when he received God's call, probably between sixteen and twenty-five years old. The Book of Jeremiah provides an account of his message and ministry. It describes Judah's last days, and shows why God finally judged his people as he did. It is widely thought, but not universally agreed that Jeremiah probably also wrote the book of Lamentations.

2. Read

Jeremiah 1:1 - 10

3. Watch

A 4 minute YouTube video that gives an overview of Jeremiah.

Jeremiah...the Prophet, Not the Bullfrog (Letters to the Exiles) <https://youtu.be/LhND0pGolTs>

4. Jeremiah's Personal Rollercoaster

In the book of Jeremiah we learn more about Jeremiah's own inner and personal life and feelings than we do of any other prophet in their writings. We learn that he was naturally gentle and tender, and sympathetic to those around him. The contrast between his naturally warm personal feelings and the hard message he was asked to deliver is apparent throughout the book. Jeremiah loved his people as nobody else. Yet was called to prophesy judgement for the nation, which made him seem to be opposed to them. This often caused him to despair. He goes back and forwards between distress and boldness in delivering his message. Between suffering and surety. Between complaint and faith. Let's look at Jeremiah 20:7-18 as an example of this rollercoaster ride, but we'll break it into sections.

Read: Jeremiah 20:7 – 8

- What's the driving emotion or thought pattern here?

Read: Jeremiah 20:9

- What's the driving emotion or thought pattern here?

Read: Jeremiah 20:10 – 13

- What's the driving emotion or thought pattern here?

Read: Jeremiah 20:14 – 18

- What's the driving emotion or thought pattern here?

5. Think About It

- Does Jeremiah and his situation and response resonate in some way with anyone here?
- What do you think could have potentially held Jeremiah back from fulfilling his role as God's spokesperson? (Name specific feelings and emotions.)
- What was it that gave him the courage, confidence and/or perseverance to push through?

As we read earlier in Chapter 1, verses 17-19, God promised that although things would be difficult He would be with Jeremiah and he would not be overcome. Jeremiah needs to repent and return to walking in this truth at many points. We saw an example of that in what we just read in Chapter 20.

6. So.... What's holding you back?

"Such confidence we have through Christ before God. Not that we are competent in ourselves to claim anything for ourselves, but our competence comes from God. He has made us competent as ministers of a new covenant—not of the letter but of the Spirit; for the letter kills, but the Spirit gives life." (2 Corinthians 3:4-6)

- Write your own lament or complaint to God about something that is on your mind or heart that is holding you back from fullness of life in Christ. The first part should be an honest pouring out of your heart to God. The second part should be a turning back to stand on the truth and promises of God. Start this second part with a phrase such as "But the Lord...."

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- Pray and ask the Holy Spirit to move for anyone who feels they may be being held back by Jeremiah type things such as:
 - Discouragement - people not responding to the Good News message of Jesus
 - Emotional tiredness or depression
 - Feeling alone, rejected or misunderstood as a result of their faith and beliefs
- Pray that we will show faithfulness & sacrificial love in serving God in whatever context he places us.