

YOU ARE NOT ALONE

WEEK SEVEN

People Frustrate Me

TALK IT OVER

Key Scriptures:

"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life."

John 3:16

2 Sobering Reminders from Scripture about People:

1. Jesus set us free to serve people, not run away from them.
2. Jesus expects us to go the extra mile with the most difficult people.

5 Funniest Quotes About How People Feel About People:

1. I don't hate people, I just feel better when they're not around.
2. I'm running out of people I actually like.
3. Today was going great until, people.
4. I'm not saying let's kill all the stupid people, let's just remove all the warning labels and let it sort itself out.
5. Some people just need a high-five. In the face. With a chair.

"If God so loved the world, who gave Christians permission to hate it?"

[*Carey Nieuwhof*](#)

Start celebrating. Revisit action item(s) from last week.

- What did your journaling reveal to you about your insecurities?

Start thinking. Ask questions to get your group thinking.

- Have you gotten to the place where people frustrate and bother you so much that you don't have room in your heart to love them?

Start talking. Find a conversation starter for your group.

- Think back through Paul's message. What sticks out to you?
- Which of the 5 funny quotes (see left column) can you most relate to, perhaps too often?

Start sharing. Choose questions that create openness.

- Where do you stand with people: easy to love...or...constantly annoyed & frustrated?
- Which Fruit of the Spirit do you most/least often express?
- When do you most often find yourself avoiding people rather than gravitating towards them?
- When have you pursued revenge against someone for your own personal satisfaction?
- When have we chosen grace over revenge? Compare the outcomes of the situations.

Start digging. Scriptures to read during the week.

Jonah 4:1-2 | Galatians 5:13-17 | Galatians 5:22-23

Luke 6:27-31 | Luke 6:35-36

Start praying. Be bold, and pray specifically.

God, change our hearts towards people, all people. Give us eyes like yours when we see people; help us to see them your sons and daughters and worthy of your love so, therefore, worthy of our love. Do a work in us that clears out the negative feelings we allow to build up in our hearts that make no room for loving feelings. If you loved all people so much that you sent your son to die for us all, then we can certainly love people too. Reveal to us the ways we need to change in order to be able to embrace that reality.

Start doing. Commit to a step, and live it out this week.

Start with one person; find a person that you need to change your approach with. Choose a specific fruit of the Spirit to employ in your interaction with this person. Choose a specific action that uses that fruit to share love with that person. BONUS ACTION ITEM: Repent to a frustrating person who you have failed to show God's love to recently.

**"God wants you to be with people, even though people frustrate you."
~Paul Wingfield~**