



CCC Small Groups Leaders Guide

We Are Family  
Part 5 of 6

We All Need A Jethro  
(Getting Sound Advise)

**Exodus 18:13-27**

Text - Exodus 18:13-27.

- Why do you think that Moses found himself facing a highly potential burnout situation?
- How do you respond to people in your life who are always demanding from you?
- How do you respond to people in your life who unload their anger onto you?

Ask the group to describe a situation or relationship where a relational virus exists.

- Were they able to establish a healthy boundary?

Have you ever tried to get close to a person who has built 'protective' walls around their heart?

- Explore how that went ... successful or unsuccessful?

If we are going to live successful lives for Jesus, we need to learn to tear down the walls around our hearts and replace them with healthy relational boundaries.

Dismantling the 10 Irrational Fears.

Explore with the group the following 10 Irrational fears and the way Gods word neutralises them.

These 'ideas' are countered by Gods word as shown beneath each one. (New Living Translation).

Some people genuinely believe that they are responsible for getting, or remaining, hurt if they keep irrationally thinking that:

1. I must be loved and accepted by those who are most important to me, and live up to their expectations

(Matthew 5:11)

*God blesses you when people mock you and persecute you and lie about you and say all sorts of evil things against you because you are my followers.*

2. I must be perfectly competent and successful in achieving, before I can be happy with myself.

(2 Corinthians 12:9-10)

*Each time he said, "My grace is all you need. My power works best in weakness." So now I am glad to boast about my weaknesses, so that the power of Christ can work through me. That's why I take pleasure in my weaknesses, and in the insults, hardships, persecutions, and troubles that I suffer for Christ. For when I am weak, then I am strong.*

3. It is easier to avoid certain difficulties and responsibilities rather than face them; if I ignore them, they might go away.

(Luke 9:23)

*Then he said to the crowd, "If any of you wants to be my follower, you must turn from your selfish ways, take up your cross daily, and follow me.*

4. Certain people are bad and they deserve blame or punishment for their sins.

(Luke 23:34)

*Jesus said, "Father, forgive them, for they don't know what they are doing." And the soldiers gambled for his clothes by throwing dice.*

5. I must be prepared for the worst by constantly dwelling on what may be bad, dangerous, or feared

(1 John 4:18)

*Such love has no fear, because perfect love expels all fear. If we are afraid, it is for fear of punishment, and this shows that we have not fully experienced his perfect love.*

6. We have been shaped by the past, and it is too late to change

(2 Corinthians 5:17)

*This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!*

7. It is terrible when things do not go the way I have planned

(Mark 14:36)

*"Abba, Father," he cried out, "everything is possible for you. Please take this cup of suffering away from me. Yet I want your will to be done, not mine."*

8. I have no control over my own happiness: what happens to me determines my happiness

(Matthew 6:22-23)

*“Your eye is a lamp that provides light for your body. When your eye is good, your whole body is filled with light. But when your eye is bad, your whole body is filled with darkness. And if the light you think you have is actually darkness, how deep that darkness is!*

9. I must find the quick and perfect solution to my problem.

(Philippians 4:5-6)

*Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon. Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.*

10. It is easier to keep doing things the way I have been doing them without taking on new commitments.

(1 Corinthians 13:5,7)

*(v5) or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged.  
(v7) Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.*