

Simplify Your Faith

If you look at the local paper, the West County Gazette, you will find multiple support groups meeting each week. If you are a recovering alcoholic or drug user, you can find other people who are struggling with the same problem as you are. If you are a spouse or child of someone who uses, there are groups of people with that same problem who can help you.

Some groups are grief groups. Grief can be different for adults, teens, or children. There are grief groups for different ages of people. Some groups deal with certain medical conditions. There are groups for couples who have adopted.

There are support groups for almost anything you struggle with. These people will help you heal, recover, grow stronger, find other resources, and develop coping skills.

One of the most important aspects to being part of such a group is to find out that you are not the only person with the feelings you are feeling. You find that people going through the same kind of experience as you are have many of the same thoughts and feelings as you do. You are not weird, crazy, strange, or odd. You are normal, as normal as someone can be who is experiencing such things as you are.

One way of thinking about the church is as a support group for sinners. People who have an overwhelming sense of their own sinfulness need the support of others who are experiencing the same. We can lead such people to Jesus. Indeed, unless a person sees himself as a sinner it isn't likely he will care about what Jesus did on the cross. He will not see his need for Jesus' help.

I am one of those recovering sinners. Are you? Let us support each other to lean on Jesus for forgiveness. Let us support each other in living for Him.

This happens some in small group Bible Studies. But it happens more in one-to-one or two-to-one experiences in the in-between-program times on Sunday mornings, or during the week, than in small group Bible studies.

So if you want the support you need in following Jesus and kicking your sin habit, I encourage you to do two things. First, join one of our Bible studies. And second, form a support group with two or three others, maybe from your Bible study group, to talk together weekly about your efforts of trying to live for Jesus.

Don't wait to be asked. You do the asking. Or see me about who you might ask.

- pastor Robin