

## Connect group notes – Tension to manage

### Opener

If you can, re watch the Nail in the head clip (<https://www.youtube.com/watch?v=-4EDhdAHrOg>), reflect in a light hearted way which character you relate most to in the clip. Can you think of any real life examples of this?

Jesus was an absolute genius at seeing what was a problem to be solved and what was a tension to be managed, look at some of the following passages and ask these questions:

Where is the tension? Why is it so difficult for us to engage with? What is Jesus teaching us through this tension?

Matthew 5:43-44

Luke 19:1-10

John 16:33

Luke 20:20-26

Read again the passage from Sunday (John 8:1-11).

The main points where as follows

- Understand Story
- Keep the main thing the main thing
- Take your time
- Own your baggage

Which of the above do you find trickiest to live out and why? What steps can you make this week to live them out in a Christ-like way?

Andy talked about that we are not a problem to be solved, nor a tension to be managed but people to be loved. He said that Jesus ‘holds space’ for us and gave the following definition:

*Holding space = means showing up for someone, being fully present and without judgment as you sit with that person through their difficult time. You listen fully. You allow yourself to feel their pain and negative emotions so that they don't have to do it alone. You allow your opinions or judgments to take a back seat as you meet someone exactly where they are at. Regardless of if you agree with their actions or whether or not you have an opinion on the situation, you remain neutral, empathetic, and merciful.*

Ref - Brooke Riley on [www.holisticwellnesspractice.com](http://www.holisticwellnesspractice.com)

What does this conjure up for you? How does it make you feel?

How can you hold space for others as Jesus does for us?

Are there any tensions for you that come out of this?

### RESPONSE OPTION 1

Listen to ‘Make Room’ by Kim Walker-Smith

Allow Jesus to hold space for you like we did on Sunday.

### RESPONSE OPTION 2

How can you hold space for each other, spend time listening and praying for each other in those things.