



SPX Small Groups

Life is Better Together

Rise Up Week 4

April 30 – 4th Sunday of Easter



1. Have you ever been present when someone was receiving CPR or defibrillation? Did they recover?
2. Damar Hamlin believed God used his sudden cardiac arrest and recovery as part of God's purpose for his life – to share hope. In what other situations has near tragedy given others hope?
3. What stood out to you the most in the readings and/or message?
4. Re-read the 2nd reading ([1 Pt 2:20b-25](#)) about suffering.
 - a. What does Peter mean by "suffering for doing good"?
 - b. Does Peter believe suffering in this way is inevitable? If so, what is the best way to handle it?
 - c. In what way has your journey as a disciple included hardships? Were you able to accept those hardships for God? Did He help?
5. How do you make sense of tragic events (e.g., 9/11, mass shootings, or racial violence)? Do you think God wants them to happen, or allows them to happen, or weeps when they occur?
6. **How can suffering be redemptive? Are there any necessary steps or attitudes that make it redemptive?**
7. How can you enter into the suffering of another person? Why might you want to?
8. Have you ever received the anointing of the sick? Was it helpful?
9. **Is there anything God is inviting you to do differently or more intentionally this week?**