

LIVING IN THE LIGHT

HOW TO BUILD UP OTHERS WHEN YOU FEEL DRAINED (Romans 15:1-13)

Talk-it-Over Notes | October 10-11, 2026

REVIEW IT

It's difficult to care for others and build up others when you feel like you don't have anything left. If you continually make the choice to build up others, you'll have so much more joy in the end than in living to please yourself. To continually serve others, you must put your mission above your emotions of exasperation, bitterness, anger, and fear. My mission is: - My family - My church - My work - My community

If we're concerned about everything, we're not really concerned about anything.

If we try to make a difference everywhere, we won't make a difference anywhere.

How do I continually build up my family, my church, my work, my community when I feel drained?

1. Follow the example of Christ
2. Stay more connected to God than the problem
3. Recognize the goal of unity is worship
4. Follow the example of Christ
 - It's okay to set limits (Luke 12:13-14)
 - It's okay to cautiously trust people's stories (Proverbs 18:17)
5. Focus on people who are receptive to change

Spend some time in the Word: Read Romans 15:1-13

TALK ABOUT IT

1. What stood out to you from this sermon? Any extra notes or particular points that grabbed your attention?
2. Recall a time in which you sensed your emotions were clouding your judgment in following God in accomplishing the mission he has for you. How did recalling his mission for you help with redirecting your emotions? If you didn't think about your mission, how do you think recalling it would have helped?
3. Why does remembering Christ help you when you are tired or frustrated?
4. How can we balance the call to build up others and serve unselfishly with the need to set healthy boundaries, especially when we are emotionally, spiritually or financially drained?
5. Have you ever tried to help someone who didn't want to grow? What was that like? What can you do next time to invest in people who want to change?

ACT ON IT

Identify one person in your life who might need encouragement or support this week, and intentionally reach out to them with an encouraging word or kindness. Accept them as Christ has accepted you.

PRAY ABOUT IT

Take time to ask how you can pray for and support one another in prayer. Then, close in prayer.