

## Introduction - The Comfort of God - Part 7

# Living as Agents of Heaven

### Scripture Focus: 2 Corinthians 7:2-16

This week, Paul pulls back the curtain on a very raw, personal battle. In 2 Corinthians 7, we find a godly, deeply caring leader wrestling with intense emotional darkness—what we would call depression today. This passage reminds us that mental and emotional weariness is not a sign of spiritual failure, and it shows us how God utilizes community and vulnerability to bring true restoration.

### Group Icebreaker

**The "Titus" in Your Life:** Think of a time when you were at an absolute emotional low point, and someone showed up at just the right moment with a text, a phone call, or a physical visit. Who was that person, and what did their presence mean to you?

### Discussion Questions

#### 1. Normalizing the Darkness (vv. 2-5)

Paul admits that when he arrived in Macedonia, his mind and body had no rest: *"we were harassed at every turn—conflicts on the outside, fears within."* Many Christians quietly suffer from anxiety or depression because they assume a "good Christian" shouldn't feel that way. How does seeing the Apostle Paul open up about his internal fears change your perspective on mental health and faith?

How can having a deeply empathetic, caring heart sometimes make us more vulnerable to feeling downcast?

#### 2. The Titus Touch (vv. 6-7, 12-16)

Notice that God didn't send an angel or a booming voice from heaven; He sent a friend. Why does God so often choose to channel His supernatural comfort through ordinary human relationships?

What are some practical, non-intrusive ways we can provide a "Titus touch" to someone in our lives who is currently struggling with isolation or depression?

#### 3. Two Types of Tears (vv. 8-11)

Paul notes that **godly sorrow** produces a life-giving change, while **worldly sorrow** actively produces death.

## Small Group Bible Study Guide

How would you describe the practical difference between *godly sorrow* (grief over how sin impacts God and others) and *worldly sorrow* (self-pity, shame, or fear of getting caught)?

Look at the seven fruits of godly sorrow listed in verse 11 (earnestness, eagerness to clear oneself, longing, concern, etc.). How do these traits show that godly tears are meant to heal and refresh us rather than keep us trapped in guilt?

### Closing Prayer Focus

**For the Downcast:** Lift anyone in the group or church community currently navigating seasons of depression, burnout, or deep sadness. Pray that they feel safe enough to drop their masks.

**To Be a Titus:** Ask God to open your eyes this week to someone who needs an encouraging word and give you the courage to reach out.

**For Healing Tears:** Pray for a spirit of genuine, soft-hearted repentance in areas where we have allowed worldly sorrow or self-pity to keep us stuck.