

Rescue Scenarios

Choose as a group which scenario(s) you want to talk about. Some of these may be close to difficult personal experiences, so be gentle and kind with each other. The focus is not on blaming anyone for the situation or suggesting there is a quick fix, rather exploring how God gives us choice and how we can learn to trust God to help us.

For each example, you may talk about:

1. What holds you back in that situation?
2. What help could God offer you?
3. What steps could you take?
4. What helps you to trust God to take that first step?

Scenarios

1. You and your brother/sister/partner are always arguing about whose turn it is to do the household chores, like washing up, cleaning, shopping and cooking. You've had a really hard day and you're feeling tired and grumpy. You arrive home late to a real mess, the bins need emptying, there's a pile of dirty washing up in the sink, nothing to eat in the fridge and no-one can be bothered to do any cooking.

2. You've made some great friends through social media, but you realise it's taking up more and more of your time. Doom-scrolling in bed at night makes it hard to sleep, and checking the latest posts in your feed every morning makes you anxious before you've even had breakfast. During family meals everyone is looking at their phones instead of talking.

3. One of your friends is being bullied at school/work and in the online groups you both belong to. You want to defend them, but you're also scared of being targeted yourself. You've been picked on before for being overweight and ended up depressed and taking time off. One of the bullies lives near you and has picked an argument with people who've stood up to them before.

4. The rising cost of living means that your family are really struggling to make ends meet. Your old car needs repair to pass its MOT, fuel bills have gone up again, and the weekly shop seems to cost more each time. With the colder weather this month you have to choose between fuel and food bills. There is a food bank at church, but you're too embarrassed to go there, where everyone will see you.

Group members might like to suggest a scenario related to your local situation. No-one should feel pressured to do so.

If the discussions lead to identifying some common themes that people face in your local community, you could end by discussing if there is something you can do together to offer support e.g. collect for foodbank, sharing resources about online safety.