

Formation Hour

The Community Practice

Cultivating Community in the Way of Jesus

Session 2, Share Your Joys and Sorrows

September 14, 2025



We'll begin with a video together in the sanctuary.

We will then break into our small groups for discussion and community.

*Please note that the Schlauderaff/ Olsen Group will meet in the Conference Room in the Main Office. *

Key Scripture: Mark 14:22-24

While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, "Take it; this is my body." Then he took a cup, and when he had given thanks, he gave it to them, and they all drank from it. "This is my blood of the ^[a] covenant, which is poured out for many," he said to them.

Definition of Community Practice: The intentional discipline of actively building highly relational, joyfully-connected, kinship groups that eat and laugh and pray and worship and follow Jesus together as a family.

Video Notes:

Full Study Guide
for sessions 1-4



Full Video
Session 2



Discussion Questions:

1. How does the prospect of sharing a weekly meal make you feel? Do you consider yourself an introvert or extrovert and does this influence your desire or capacity to share a weekly meal?
2. What did you make of the statement that “peak human happiness occurs when humans are sitting around a table, sharing a meal with those they love”?
3. Who in your life has been someone in your life (past or present) you have shared joys and sorrows with?
4. On a scale of 1-10, (1 being not transparent at all and 10 being an open book!) how transparent are you in your current relationships? Why do you think that is?
5. What do you make of the statement that “trauma is emotional pain that has yet to find a relational home”?
6. On a scale of 1-5, how excited are you to have a meal with others where you are able to share your joys and sorrows—1 being “No way! I only share stuff like that with my best friend/spouse” and 5 being “All right! I can’t wait to bare my soul!”
7. Reflect on a positive and a negative experience you’ve had sharing your burdens in a relationship or group. What made the difference?

Reach Exercise:

Get together with a trusted friend and share honestly about a struggle you’re currently facing – whether that’s a wound, a fear, or a need. •

- This might be a struggle that you don’t yet feel comfortable sharing with a larger group.
- Rather than holding it inside, set up a coffee or tea date with a trusted friend and bear your heart to them.
- Or turn it around and, if you want to offer support to someone else, consider reaching out to a friend who is in a difficult season and encouraging them.

Closing prayer:

God, you held nothing of yourself back from us, sharing your life, your heart, your feasts, and your sorrows. Help us to do the same with each other now, braving vulnerability, and experiencing the liberation of finding true belonging, today. Amen.