

Life Group Notes & Discussion Guide, November 2nd, 2025

Series: **“A Biblical Look at Healing”**

Message: **“Carrying Out the Commands of Christ”**

Sermon Text: **Matthew 28:16-20**; Old Testament Text: **Psalms 6:1-5**; New Testament Text: **1 Peter 2:18-25**. Read **Matthew 28:16-20** as you listen to the sermon, then answer the questions below.

1. How did Jesus's disciples know where to meet Him? (Give 2 reasons they knew where to meet Him.)

2. Why do you think some of His disciples doubted Him?

3. Why is **Matthew 28:18** the most important verse in the Great Commission?

4. What are Jesus's disciples and all Christians to do in response to Jesus's statement in **Matthew 28:18**?

5. How does **Matthew 28:19** serve as proof text for the existence of the Trinity?

6. List some of the things that Jesus would have expected His disciples to include when they were *teaching new believers to observe all that Jesus had commanded them.*

7. Why *was* it so important for Jesus's disciples and why *is* it so important for us to remember that *Jesus is with us always, even to the end of the age?*

8. What will you remember most from this message?

Discussion Guide for Your Life Group Meeting

- I. At your Life Group meeting, first read **Psalm 6:1-5** aloud. It can be helpful to have several people each read one verse from their Bible. This helps people feel involved and can also introduce some interesting discussion if several translations are used. After reading the passage discuss it. If you are having trouble stimulating discussion, you can try asking some of the following questions:
 1. **Psalm 6** was prayed by David in a time of severe illness. When you read **Psalm 6:1-5**, to what do you think David attributes his illness?
 2. What is David hoping to avoid by appealing to God for His mercy?
 3. Why is David so concerned that this might be his final fate?
 4. What does David use as a bargaining chip to avoid this fate?
 5. What verses speak to you the most clearly about the anguish David was experiencing?
 6. David tells how this illness is affecting his body and soul. How is it affecting his spirit?
 7. Read **Psalm 32:1-5**. After reading **Psalm 32:3-5**, what do you think David's real problem is in **Psalm 6:1-5**?
- II. Next read **1 Peter 2:18-25**, utilizing several group members to each read one verse aloud. After reading the passage discuss it. If you are having trouble stimulating discussion, you can try asking some of the following questions:
 1. After reading **1 Peter 2:18-19**, what do you think Peter is hoping we will remember when we endure unjust suffering?
 2. Explain what Peter is saying in **1 Peter 2:20**.
 3. How could remembering **1 Peter 2:21** enable us to better endure persecution and suffering?
 4. How does **1 Peter 2:22-25** help you keep things in perspective?
 5. What verses in this passage speak most powerfully to you?
- III. Read **Matthew 28:16-20** utilizing several group members to each read one verse aloud. After reading the passage discuss it. If you are having trouble stimulating discussion, you can try asking some of the following questions:
 1. How did Jesus's disciples know where to meet Him? (Give 2 reasons they knew where to meet Him.)
 2. Why do you think some of His disciples doubted Him?
 3. Why is **Matthew 28:18** the most important verse in the Great Commission?
 4. What are Jesus's disciples and all Christians to do in response to Jesus's statement in **Matthew 28:18**?
 5. How does **Matthew 28:19** serve as proof text for the existence of the Trinity?

6. List some of the things that Jesus would have expected His disciples to include when they were *teaching new believers to observe all that Jesus had commanded them.*
7. Why *was* it so important for Jesus's disciples and why *is* it so important for us to remember that *Jesus is with us always, even to the end of the age?*
8. What is the greatest obstacle in your life preventing you from carrying out the Great Commission?
9. Jesus sent out His disciples two by two. Do you think you would feel more confident if you sought to carry out the Great Commission with a close friend or trusted family member?
10. When you think of discipling people, is there someone you know who always seems to pop into your mind?
11. Do you think the Holy Spirit might be trying to tell you something?