

Reset – What is this time of staying home teaching us about relationship and connection, slowing down and letting go, care for self and others, laughter and fun. With lessons from personal experiences, biblical stories, suggestions for further reading, and a weekly “reset button” designed to help us move forward with what we value most.

Week 3 – What are we learning about caring for our self and others?

Breakout Discussion

- first, introduce yourself
 - next, the breakout leader will guide discussion for the following questions:
1. **From Genesis 16:** read verses 2, 5, 6. How do Sarai and Abram refer to Hagar? Read verse 8a. What is the first word out of God’s mouth? Read verse 3; how long had Hagar been a servant? Was she even asked about being given to Abram? Again, read verse 8a; is it a command or question? Describe how God responds to Hagar in different ways than Sarai. How do you experience God responding to your needs? How can this example help you to respond to the needs of others?
 2. **Read Genesis 16:8b.** Note the absence of surprise or fear in this encounter from Hagar. Instead, she simply answers truthfully, without excuse or pretense. Note also that she is only able to answer the first question, not yet knowing exactly where she was going. Hagar is completely vulnerable to name her current situation. She avoids adding to or improvising her story. What helps you to be able to do this with God? Who are the people in your life you can be vulnerable with, who see and hear you? What does it take to offer your presence to others, to see and hear them?
 3. **Read Galatians 4:21-23 and verse 31.** Hagar appears in this passage as part of an allegory. This teaching shows that when law is the principle of life, we are like slaves. When grace is the principle of life, we are free. Can you list outcomes of both? Read Galatians 5:13; how does this verse speak to you? What are the responsibilities that come with freedom?
 4. **Read Genesis 25:12-18.** Twice Hagar was the recipient of God’s promises. She was given land and the promise of many descendants – the only woman in the Bible to receive this. Her story, then, celebrates the breadth and depth of God. God does not just hear and respond to the cries of His chosen people. He also hears and responds to the cries of the disinherited, the dispossessed, the defenseless. You are called to collaborate with God, in caring for all people. What will you do this week, to first care for yourself? How might you reach out and offer care for someone else? Share your ideas with one another.

Your breakout leader will remind you to return to the main meeting for our closing.