

AIC Update

RE: Move to CAIS

Please note the following important updates regarding our move to CAIS in Lai Chi Kok.

- Last Sunday at APSW will be **23 Oct**
- Soft-Launch period (**30 Oct - 20 Nov**)
- AIC public opening date at CAIS: **27 Nov**
- We need your help with the physical move, ministry move, and the office move.

EHS: Emotionally Healthy Spirituality

2 Corinthians 1:3-4

*Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, **who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.** For just as we share abundantly in the sufferings of Christ, so also our comfort abounds through Christ.*

“My soul is overwhelmed with _____ to the point of _____.”

“My Father, if it is not possible for this cup to be taken away unless I drink it, may your _____.”

EHS: Small Group Discussion

How do you deal with grief? Look over the list and discuss some of the ways you deal with grief.

- Deny
- Minimize
- Blame Others (or God)
- Over-spiritualize
- Blame Ourselves
- Rationalize
- Intellectualize
- Distract Ourselves
- Become Hostile
- Medicate

Read 2 Corinthians 1:3-7 together.

- 1) What are some ways God has comforted you in the difficulties of life?
- 2) In what ways has God helped you be a comfort to others?
- 3) In what ways can you be a comfort for others in the future based on what God is doing now or has done in the past in your life?

Prayer

We never want to look at ourselves as the hero. We can't fix the brokenness of people even if we have faced the same brokenness. However, we can be with them during the pain, love them, listen to them, and pray with them. And we can be a beacon of light and hope as we patiently look for ways to let them know how God comforts us. Pray for each other for current difficulties, healing from past hurts, and preparation to face future struggles together as a family in the church.