



Discussion Guide for “Jesus Descended to Hell” *Believe* Week 6

Fear keeps us from risking, from being vulnerable. But confessing that Jesus descended to Hell is an announcement that the power of Death is broken, and that the way of risk and vulnerability truly does lead to life. We can follow Jesus even to the grave, trusting in his resurrection power to bring life where we risk.

Scriptures for Further Reading

[Ephesians 4:1-16](#)

[Psalm 68](#)

[Mark 10:32-45](#)

[Philippians 2:1-11](#)

[Revelation 2:8-11](#)

Passage for Sacred Reading:

A sacred reading is a method of reading Scripture that invites God to speak to us through the text. If you have never done a sacred reading, here is [a simple step-by-step guide](#). This week’s passage is [Ephesians 4:1-16](#).

Questions for Discussion

1. Where in your life do you experience a tension between risk and power? How do you find yourself leaning away from risk and toward protection?
2. How does Jesus’ descent to Hell prove that a fully human life is one of risk?
3. Reread Ephesians 4:1-6. How is the author calling us to risk in our relationships? Which of those do you find challenging?
4. Now consider Ephesians 4:7, 11. What special gift has God given you? How are you using it at Catalyst?
5. What is God calling you toward that you’ve been leaning away from? What does it look like for you to risk for God this week?