



Sermon Notes

Topic: “Now What?”

Bible Passage: Acts 1:1-11

Preacher: Ps Sam Toms

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Study Guide Overview

After the cross and resurrection, the question becomes: *Now what?*

In Acts of the Apostles 1:8, Jesus redirects the disciples from speculation to **mission**:

“*You will receive power... and you will be my witnesses...*”

This is an **outward call**:

- ☒ From **Jerusalem** (what’s comfortable)
- ☒ To **Judea** (wider influence)
- ☒ To **Samaria** (difficult, uncomfortable people)
- ☒ To the **ends of the earth** (no limits)

The Christian life is not just about being filled—it’s about being **sent**.

We often enjoy God’s presence, but resist His purpose.

But how does God lead us into that mission?

Through what we might call a **holy ache**.

A holy ache is:

When God lets you feel what He feels about a broken world.

It’s the stirring you can’t ignore:

- ☒ A burden for people far from God
- ☒ A compassion for the hurting
- ☒ A conviction about injustice or need

Throughout Scripture, God moves people through this ache—and it still works the same today.

“A holy ache is when brokenness stops being normal to you.”

We often numb it with comfort or distraction—but when we sit in it, it becomes **clarity for mission**.

You’re not called to reach everyone.

But you are called to **not ignore the someone** God puts in front of you.

The Spirit doesn’t just fill you for your benefit—He sends you for God’s mission.

- ☒ And often, He begins by giving you a **holy ache** that leads you outward.



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Life Group Study Guide: “Holy Ache & Sent Living” Acts 1:1-11

Aim : To help each person

- ☒ Recognise where God is stirring their heart (**their holy ache**)
- ☒ Take a first step outward in mission
- ☒ Honour and celebrate the *different* ways God stirs others

Icebreaker: ☒ What’s something in the world (locally or globally) that genuinely bothers or moves you emotionally?

Part 1: Sent, Not Settled

Discuss:

- ☒ In Acts 1:8, what stands out about where Jesus sends His followers?
- ☒ Which area do you find easiest to engage with?
 - o Jerusalem (comfortable)
 - o Judea (familiar but broader)
 - o Samaria (difficult/uncomfortable)
 - o Ends of the earth (beyond your world)

Reflection: ☒ Where might God be gently nudging you beyond your comfort zone right now?

Part 2: Understanding the “Holy Ache”

Definition: A holy ache is when God lets you feel what He feels about something broken.

Discuss:

- ☒ What are some signs that something is a holy ache rather than just a passing feeling?
- ☒ Why do you think God uses *emotion and burden* to guide us into mission?

Personal Reflection (quiet moment):

- ☒ What situations, people, or issues:
 - o Stay on your mind?
 - o Stir your emotions?
 - o Move you to want to act?

Write down 1–2 things that might be a holy ache in your life.

Part 3: Naming Your Ache

Use these prompts to help clarify: ☒ I feel deeply moved when I see... ☒ I get frustrated when I notice... ☒ I wish someone would do something about... ☒ I feel drawn toward helping...

Share (if comfortable): ☒ What do you think your holy ache might be?

Part 4: Guarding Against Comparison & Criticism

Key Idea: Not everyone has the same ache—and that’s intentional.

Discuss:

- ☒ Why do we sometimes judge or misunderstand what others feel called to?
- ☒ Have you ever felt your passion wasn’t valued or understood?
- ☒ What happens to the church when we expect everyone to care about the same things?

Truth to Anchor:

- ☒ God’s heart is big → expressed through many people
- ☒ Different aches = a fuller expression of God’s mission

“Don’t judge someone else’s ache because it’s not yours.”



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Part 5: From Ache to Action

Discuss:

- ☒ What’s the danger of *feeling* the ache but never acting on it?
- ☒ Why do we often wait for full clarity before stepping out?

Challenge: You don’t need a full plan—just a first step.

This Week:

- ☒ Who is **one person** connected to your ache? ☒ What is **one simple step** you can take?

Examples: ☒ Start a conversation ☒ Offer support ☒ Pray intentionally ☒ Invite them into community ☒ Meet a practical need

Prayer Time

Pray together:

- ☒ “God, help me recognise what You’re stirring in me.”
- ☒ “Give me courage to not ignore the ache.”
- ☒ “Help me honour others and their calling.”
- ☒ Pray specifically for each person’s “ONE”

Below is a helpful guide to help reflect on some areas where their might be a holy ache growing in your heart. Remember the goal is not guilt, but clarity of purpose!

Category	Who It's For	What It Looks Like in You
People in Pain	Hurting, grieving, lonely	You feel deeply and are drawn to care, listen, and sit with people
Practical Needs	Poor, homeless, struggling	You want to meet tangible needs—food, housing, support
The Lost	People far from God	You feel urgency for others to know Jesus
Discipleship	Christians needing growth	You care about people maturing in faith and truth
Justice	Oppressed, overlooked	You're stirred when things are unfair or broken
Next Generation	Kids, youth, young adults	You care about shaping future faith and leadership
Belonging	Isolated, disconnected	You notice who doesn't belong and want to include them
The Church	Church health & mission	You care about unity, direction, and effectiveness
The Nations	Unreached people groups	You think globally and feel drawn to missions
Prayer	Spiritual needs	You feel compelled to pray and carry things before God