



## CORNERSTONE REFLECTION GUIDE

### JULY 14, 2025

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**Title:** Show Up

**Preacher:** Hannah Buchanan

**Scripture:** Esther 4:1-17

During difficult or trying seasons, there's power in showing up. All of us are moved by stories of people who go beyond their own security and sense of comfort to show up for people in need. In this message, we're asking ourselves this question: What does it look like to be people who show up for others but also as those who are fully alive in our own stories?

Esther's story reminds us that, while there is often a cost to showing up for others, there is also a cost to *not* showing up. Esther's boldness in the face of unimaginable fear inspires us to move from comfort to courage in our own lives so we can show up and make a difference for others.

### DISCUSSION QUESTIONS

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1. What stuck out to you about this sermon? Was there an idea that was particularly meaningful or challenging for you?
2. Who has shown up for you when you needed them most? What did they do that was particularly helpful or encouraging?
3. Where have you unintentionally put a buffer between yourself and suffering—whether that's your own or that of others?
4. Where do you think God might be calling us as a church to show up for our community in this season? What are some practical steps we can take to be the light for others?

5. Where are you tempted to choose comfort over courage in the face of a challenging situation or circumstance? What's one small step you can take to move past the fear or anxiety and into boldness?

## WEEKLY PRACTICE

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This week, consider how you can show up for the people around you, whether that's with your own family, where you work, or any other environment you find yourself in. Practice taking note of the needs around you and responding. This can be in big ways, or more often, in small, meaningful ways. Choose three specific acts of kindness or generosity to complete over the next seven days. Below are a few ideas, but we encourage you to get creative and have fun with this exercise.

- Invite someone who is new or often hangs out around the fringes to coffee.
- Write a handwritten note to someone who means a lot to you.
- Cook or deliver a meal to someone who could use a little extra help.
- Do someone else's chore for them without being asked or announcing it.
- Pay for someone's coffee or meal anonymously.
- Let someone go ahead of you in line at the grocery store.

Pay attention to what happens in you and in those you offer help and hope to this week.