

# GROUP DISCUSSION GUIDE

## **PRAY** TOGETHER

Ask someone in your group to open us in prayer.

## **OPEN** DISCUSSION

This weekend, we kicked off Father's Day with some classic 'dad jokes'. What's a memory, a piece of wisdom, or even a funny moment that stands out to you about a dad or father figure in your life and how has that relationship shaped who you are today?

## **READ** SCRIPTURE

Read Ephesians 4:1-3

## **DIG** DEEPER

- 1) As you reflect on Ephesians 4:1-3, how does Paul's instructions influence and impact the way you navigate difficult relationships?
- 2) We all have blind spots and often notice toxic traits in others before recognizing them in ourselves. What steps can you take to proactively identify and work on these areas in your own life?
- 3) Some people try to carry others' burdens entirely, while others choose to walk alongside and support. Which one do you tend to be, and what do you think motivates that approach?
- 4) Taking on someone else's problems can feel helpful, but often leads to strain. Reflect and share on how this differs from offering support without carrying their burden entirely.
- 5) Pastor CJ highlighted the difference between brutal honesty and biblical honesty. Take a moment to consider the difference between the two and share what it means for how we speak truth to others.
- 6) Pastor CJ cautioned us against prioritizing being right over being relational. How do you navigate that tension in your real-life relationships?
- 7) Most of us are familiar with the concept of setting boundaries, but what makes it difficult to actually put them into practice?

## **PRAY** TOGETHER

As we wrap up our time together, let's take a moment to close in prayer.

## **TAKE** ACTION

This week, take time to assess your potentially toxic behaviors. Write them down and pray about them.