

FURTHER STUDY

Read Ephesians 4:29-32. Think of a time when you spoke encouraging words to someone. **How did your words provide a change in their attitude, behavior or perspective?**

Before you became a believer in Christ, how would you describe your character? How is God growing your character to be more like His?

DISCUSS

In the video, Joy candidly talked about her rape experience. **How did her mother’s reaction plus her own personality of being a people pleaser effect her marriage and her own well-being?**

What finally turned her situation around?

Read Ephesians 4:31-32. **How does bitterness, rage, anger, slander, or malice shape our character?** *If you’re in a group setting, consider having someone read Scriptures out loud.*

Pick one of the sinful emotions in verse 31 that you struggle with. **How has that emotion affected other relationships in your life?**

What new traits are supposed to replace the character of your old nature?

Read Colossians 3:12-14. **How does the fact that you’re chosen by God encourage you to be more like Christ?**

How have you seen self-love poison human relationships?

What does it look like to “forgive whatever grievances you may have against one another”?

Who is our ultimate model of forgiveness? Can you ultimately forgive others in your own strength? Why or why not?

Why is love the highest virtue of all? How does love put you on the road to healing?

CHALLENGE

Read Luke 10:27. Erwin McManus summarized that verse by saying that the most important thing to God is our relationship with Him and our relationships with others. Does anyone come to mind that you’re harboring bitterness and unforgiveness towards? In obedience to God’s word, choose to forgive him or her today. Do all that you can to renew that relationship: write a letter, email, call or visit that person.

Horizontal lines for writing.

FURTHER STUDY

Read Hebrews 4:12. **Think about a time when you opened God’s word and experienced it being “alive” in your heart. What verses jumped out on the page?**

Do you think God wants to speak in this way all the time? Why or why not?

FURTHER STUDY

Read Matthew 6:24. **Why do you think serving God and money can't go hand in hand?**

Have you ever tried to serve both? How did that work for you?
