



Healthy Me, Healthy Us

WEEK 1 DISCUSSION GUIDE

Overview

In this week's message, we learn three key points which help us to become spiritually healthy so that our relationships with others will also become spiritually healthy.

Discussion Questions

1. **Profound Significance**

Ephesians 3:17b-19 (MSG) says, **"...I ask him that with both feet planted firmly on love, you'll be able to take in with all followers of Jesus the extravagant dimensions of Christ's love. Reach out and experience the breadth! Test its length! Plumb the depths! Rise to the heights! Live full lives, full in the fullness of God."**

Knowing the extravagant dimensions of Christ's love results in living in the fullness of God.

- Describe what living in the fullness of God looks like.
- How does being rooted and grounded in Christ's love influence our relationships?
- What are some practical ways we can begin to live in the fullness of God?

2. Unswerving Authenticity

Ephesians 4:1b (MSG) says, “...**I want you to get out there and walk – better yet, run! – on the road God called you to travel. I don't want any of you sitting around on your hands. I don't want anyone strolling off, down some path that goes nowhere.**”

When we walk in a manner which pleases God, we show the characteristics of Jesus to others.

- List some of the authentic qualities of Jesus.
- How can these same qualities become characteristics of our lives?

3. Self-Giving Love

Ephesians 4:2-3 (MSG) says, “...**pouring yourselves out for each other in acts of love, alert at noticing differences and quick at mending fences.**”

When we bear with one another in love, we “mend fences” quickly. We will have unity and a bond of peace when we do.

- Is there a relationship in which you need to “mend fences”? If so, what’s your next step in restoring unity and peace?
- What are some ways we can pour out to others?

Life Challenge

When we understand that our spiritual health promotes healthy relationships with others, we acknowledge our role in relationships that may be less than desired. Psalm 139:23-24 says, “**Search me, O God, and know my heart; Try me, and know my anxieties; And see if there is any wicked way in me. And lead me in the way everlasting.**” Let’s ask God to search our hearts to reveal changes we need to make with His help, guidance, and love.

Prayer

Father, we are thankful that You are love. We love because You first loved us. May we become all You desire us to be in Christ Jesus so that we can love others extravagantly well. Amen. Pray for the specific needs of the group.