



## DISCUSSION GUIDE

Week 5

September 24<sup>th</sup> & 25<sup>th</sup>, 2011

### Ice Breaker:

I have a friend who can fill her throat with air--like a bullfrog. Another friend can touch his nose with the end of his tongue. Someone else I know is double jointed. What quirky or unique "skill" do you possess?

**Opening Prayer:** Father God, thank you for creating each of us uniquely, but loving us all with the same intensity.

### Discussion Questions:

How would you describe or define jealousy?

Have you recently had a hard time celebrating something good that happened in someone else's life?

How is jealousy different from a healthy sense of competition or desire for achievement?

Do you have a healthy competition with a friend that has helped you achieve more than you would have otherwise? If so, tell us about it.

Ask a volunteer to read Galatians 5:16-26.

This passage shows the contrast between the actions that of our sinful nature and the fruit of God's Spirit in our lives.

What are some ways we try to avoid the issue of jealousy?

In what ways can jealousy impact our relationships?

Are you ever hesitant to bring your needs and desires to God because you feel they are too petty or insignificant? How do you decide which things are important enough for God?

Ask a volunteer to read Philippians 4:4-7.

- What kinds of things does this passage tell us to pray about?
- What outcomes can we expect as we learn to bring our needs and desires to God?

The starting place for healthy relationships is a healthy heart. A healthy heart contains healthy thoughts and feelings. Do you enjoy hanging out with people who usually have negative things to say? How does that affect your relationship?

Ask a volunteer to read Philippians 4:8-9.

If the outcome of this way of thinking is peace, what is the outcome of negative thinking?

Think of a fun party you've attended. What did you most enjoy about it?

How often do you stop to celebrate the good things God has done in your life?

Ask a volunteer to read Psalm 103:1-5.

What's your go-to style of celebration? A single fist pump? A high five? A special dinner? Let's celebrate right now! Share something good God has done in your life.

Let's all try to say Ezekiel 36:26 out loud together--without looking at it! Celebrate with fist-bumps all around.

**Closing Prayer:** Jesus, fill our hearts with your love so that we can reach out with love to those around us.

