

# DISCUSSION GUIDE

## THE RHYTHM OF RELATIONSHIP

The LORD is my shepherd, I shall not be in want.

**-Psalm 23:1 (NIV)**

## UNHEALTHY VIEW OF SELF

When Jesus came into the region of Caesarea Philippi, He asked His disciples, saying, “Who do men say that I, the Son of Man, am?” So they said, “Some say John the Baptist, some Elijah, and others Jeremiah or one of the prophets.” He said to them, “But who do you say that I am?” Simon Peter answered and said, “You are the Christ, the Son of the living God.” Jesus answered and said to him, “Blessed are you, Simon Bar-Jonah, for flesh and blood has not revealed this to you, but My Father who is in heaven. And I also say to you that you are Peter, and on this rock I will build My church, and the gates of Hell shall not prevail against it.

**-Matthew 16:13-18 (NKJV)**

And he brought him to Jesus. Jesus looked at him and said, “You are Simon son of John. You will be called Cephas” (which, when translated, is Peter).

**-John 1:42 (NIV)**

Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord forever.

**-Psalm 23:6 (NKJV)**

## RECKLESS WORDS

“Reckless words pierce like a sword, but the tongue of the wise brings healing.”

**-Proverbs 12:18 (NIV)**

## NEGATIVE ATTITUDES.

Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.

**-Ephesians 4:29 (NLT)**

The mind of sinful man is death, but the mind controlled by the Spirit is life and peace.  
**-Romans 8:6 (NIV)**

### **AN UNBALANCED LIFE.**

“Be careful, or your hearts will be weighed down with dissipation, drunkenness and the anxieties of life, and that day will close on you unexpectedly like a trap.”  
**-Luke 21:34 (NKJV)**

### **WRONG CHOICES.**

Do not be misled: “Bad company corrupts good character.”  
**-1 Corinthians 15:33 (NIV)**

### **DISCIPLINE**

### **SELF CARE**

### **JOY**

### **EMOTIONAL REGULATION**

He heals the brokenhearted and binds up their wounds.  
**-Psalm 147:3 (NIV)**

#### **1. REVEAL THE HURT.**

“When I kept silent, my bones wasted away through my groaning all day long.”  
**-Psalm 32:3**

#### **2. RELEASE THE PEOPLE INVOLVED.**

“When they hurled their insults at him, he did not retaliate; when he suffered, he made no threats. Instead, he entrusted himself to him who judges justly.”  
**-1 Peter 2:23 (NIV)**

#### **3. REFOCUS ON GOD’S PLAN FOR MY LIFE.**

## DISCUSSION QUESTIONS:

1. What are some questions or curiosities you have from today's message? (Leader Note: This is a great place to understand where your group is in their spiritual walk and understanding. Encourage members to ask whatever questions they may have - often, people are hesitant to ask questions when they feel they might be too "basic" or about something they should already know)
2. What is one point from the message that stuck out to you? Why? (Leader Note: As members share their points, allow people to engage with one another about these points. Are two or more people bringing up the same point? Use that time to talk more about it, see how it moves you and your members - the Holy Spirit may be leading your House Party in a specific direction)
3. What is a truth about God, the world, or yourself that you have learned today?
4. What is one way you can apply this message to your life this week? (Leader Note: Great applications are S.M.A.R.T: Specific, Measurable, Attainable, Relevant, Time-bound).