

1. What is one dish or dessert you love that one of your relatives makes that you can't replicate in the kitchen? What's their secret?
2. What do you think it means that "We become like who or what we follow"? How have you found this to be true in your life, either in good ways or bad?
3. Before your reread Luke 6:36-38, look at Ephesians 2:1-5 and Exodus 34:6. How do these passages (and others you might think of) help you to behold God's great mercy?
4. Do the commands Jesus gives in verses 36-38 seem humanly possible to you? Who or what type of person do you find it impossible to forgive or be generous in mercy toward? Can that change?
5. Read Luke 6:39-42. Following Jesus takes time. How do you make time for following Jesus during the week? What would you like to give more (or less) time to?
6. We are all being disciplined by someone or something. With Luke 6:40 in mind, read Matthew 5:29-30. Considering all of the mediums, messages, influencers, and teachers competing for your attention, is there anything you might need to "gouge out" or "cut off"?
7. Read Luke 6:43-45 and then Galatians 5:16-25. What evidence is there that your heart is (or isn't) spiritually healthy? What might walking in the Spirit look like in your life and how might it improve your heart health?

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