

# CHRIST CENTERED

## Group Questions | January 22 | Week 1

### OPENER

This past week we started a new series called Christ-Centered: The Pursuit of Healthy Relationships. We'll spend the next few weeks discussing what healthy relationships looks like. But to open up our time together - would you say you've typically had lots of friends or relationships in your life? Or have you had the same few people throughout your life? Or that you've had very few friendships/relationships throughout your life?

What do you think are some of the core values that help relationships flourish or go well?

### TRUTH

Can someone read Ephesians 5:15-17?

Travis pointed out on Sunday that these verses were written nearly 2,000 years ago, and while it may seem that the days are getting worse and worse, the truth is the days have been and will continue to be evil, and it's something we'll have to live through. But what point do you think Paul is making here if that's the case?

Travis also pointed out that the evil days we live in can cause all sorts of unrest, polarization, and arguments. How can living more wisely in the midst of this be important to building healthy relationships?

If you were at church for this message, you also heard Travis give a lashing on the negative side of technology and social media! About the way technology can trick us into thinking we're socially connected with healthy relationships but it can just as easily push us toward isolation.

Read Ephesians 5:18-20 and see if you can remember the connections he made to these verses.

Ultimately we need to avoid lifestyles that push us toward isolation and not chase selfish rewards that bring no fruit to our lives. Instead, Paul is encouraging us to live lives of celebration and gratitude. Do you feel you have a healthy amount of celebration and gratitude in your life? Do you consistently do this with others?

## **APPLICATION**

We took communion while these questions scrolled across the screens at the end of this week's service. Travis mentioned these would be great to talk through with others, so let's wrap up by working through these four questions.

Are there areas of life in which you are weak and isolated?

Are there areas of your life in which you are utilizing methods of escape and avoidance?

Do you celebrate enough?

How often do you make time to simply convey your gratitude to God?

## **PRAY**