GROUP DISCUSSION GUIDE

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FAM

SO YOU CAN FLOURISH!

CENTERPOINT CHURCH

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INTRODUCTION

The quality of our lives is determined by the quality of our relationships. And we have all kinds of relationships to account for: colleagues, friends, siblings, spouses, kids, parents... and the list goes on! How we relate to these people will either add to our experience of this life or subtract from it. Yet, all of these connections are what make life meaningful! We're at our best when we recognize ways to treat people in our lives as a part of the family. In this series – FAM – we will uncover the timeless principles for great relationships with friends, family, marriage, and the church community. This series will help you foster a better experience of "fam" so you can flourish!

Making the Most of Your Time Together

Over these 8 weeks of your group getting together, you will watch a 5-10 minute teaching video from Pastor John and use the questions in the Talk About It! section as a guide for group discussion. By engaging in God's word and teachings on it we are bound to experience transformation, but we also experience healthy change through relationships with others. The friendship and insights of those in your group will enrich your small group experience. To help make the most of your time together, here are some guidelines to keep in mind for a healthy group discussion:

BE INVOLVED – Jump in and share your thoughts. Your ideas are important, and you have a perspective that is unique and can benefit the other group members.

BE A GOOD LISTENER – Value what others are sharing. Seek to really understand the perspective of others in your group and don't be afraid to ask follow-up questions.

BE COURTEOUS – People hold strong opinions about the greatest needs in our world. Your God-given passions may vary greatly from someone else's, and that's okay. We were not all designed in the same way or meant to accomplish the same things. Spirited discussion is great. Disrespect and attack are not. When there is disagreement, focus on the issue and never allow the discussion to turn into a personal attack.

BE FOCUSED – Stay on topic. Help the group explore the subject at hand, and try to save unrelated questions or stories for afterward.

BE CAREFUL NOT TO DOMINATE – Be aware of the amount of talking you are doing in proportion to the rest of the group, and make space for others to speak.

BE A LEARNER – Stay sensitive to what God might want to teach you through each lesson, as well as through what others have to say. Focus more on your own growth rather than making a point or winning an argument.

BE CONFIDENTIAL – Your group is meant to be a safe space to share openly and be vulnerable. What is shared in the group is considered confidential and should not be shared outside of the group without clear permission from the person who shared it.

How to Use This Guide

For each week of this guide there are three sections – *Take It In, Talk About It!*, and *Take it Home*.

Here's how to use them:

TAKE IT IN
Each small group discussion will be based on the sermon from the weekend prior and the small group videos you'll watch together – use this section to take notes! If you don't already have a place where you take sermon notes, take this with you on Sundays to write down key points and anything you feel God is speaking to you through the sermon each week. Also, when your group meets, before you dive into the discussion, there will be a video of Pastor John providing teaching for each week of this study. Use this section to jot down key takeaways!

Whether it's during the weekend sermons or the small group videos, if you hear something that resonates with you, use this space to write it down.

TALK ABOUT IT!
This section has scriptures and questions to prompt conversation. Feel free to read through these questions ahead of time as you prepare for your group meeting, but don't feel the need to answer every question during the discussion. Allow these questions to serve as a foundation for good conversation around the week's topic.

TAKE IT HOME
Group discussions are great! But they are no replacement for alone time with God. This section will be at the end of each week, intended to be used after the discussion and during your own private quiet time with the Lord. It will contain multiple questions to prompt reflection and journaling. The goal is not that each question is responded to, but rather to spend intentional time with God on each topic.

Some weeks will also include the following section:

NEXT STEPS
These provide a potential next step for you to take that's based on the topic of the week. These are meant to guide you toward practical growth on your journey of faith. Follow each step that applies to you!

WEEK 1: ONE ANOTHERS

Take It In | Sermon Notes

Key Takeaway:

Take It In | Group Video

Key Takeaway From the Video:

Learn to . in your about people!

Talk About It!

1. How have you seen what we heard about 'cognitive biases' in your own mind or relationships? What does it seem like God wants from you regarding this?

ROMANS 12:1-2 NLT

1 And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. 2 Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

2. What are some of the influences or patterns of the world that have affected your way of seeing and not rightly valuing people?

PHILIPPIANS 4:8 NLT

8 And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

3. How would it be helpful to use Philippians 4:8 as a lens for how you think about people? What would happen to your relationships if you did? What tends to happen if you don't?

4. In the message from Sunday, we heard several different 'one anothers' that scripture calls for, which one struck a chord with you and how do you feel God calling you to implement it more?

You can look up some of those verses for extra credit – John 13:34, Romans 12:10, Romans 12:16, 1 Corinthians 12:25, Galatians 5:13, Galatians 6:2, Colossians 3:13, 1 Thessalonians 5:11, Hebrews 10:24, 1 Peter 5:5, James 5:16

COLOSSIANS 3:12-15 NLT

12 Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. 13 Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. 14 Above all, clothe yourselves with love, which binds us all together in perfect harmony. 15 And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful.

5. God's Word here calls us to put some things on. Which of these things is hard for you to 'put on' and who is it hard for you to put it on with?

6. How could our world be a little better if there was more common-grace-decency flowing through more of us?

Take It Home

On your own this week, take time to sit with the Lord and reflect:

ROMANS 12:18 NIV
If it is possible, as far as it depends on you, live at peace with everyone.

Are there any kinds of people, in particular, that you find it hard to give common grace to? What do you think Holy Spirit is saying about that to you now?

What steps can you take to love better and to live more at peace with others? What about in your thought life?

Is there anyone specifically that you might need to, 'if it is possible', make peace with?

What do you feel the Lord saying to you about these things? Write it down.

WEEK 2: FRIENDSHIPS

Take It In | Sermon Notes

Key Takeaway:

Take It In | Group Video

Key Takeaway From the Video:

It's _____ to _____ friendships!

Talk About It!

1. Who was one of your best friends as a kid and what was great about the friendship?

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2. Rate the overall quality of the 'friendship factor' in your life right now, on a scale from 1-10. 10 being 'it's awesome – I have plenty of great friends'. For now, no further explanation is needed, just share the rating.

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3. In the video, Pastor John shared about his own struggle with friendships. Do you relate to that at all? In what ways have you struggled with friendships in your own life?

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4. As Pastor John shared five ideas for working on friendships in the video, which one grabbed your attention the most? Why? How do you plan to implement that idea?

PROVERBS 27:9 NLT
9 The heartfelt counsel of a friend is as sweet as perfume and incense.

1 THESSALONIANS 5:11 NLT
11 So encourage each other and build each other up, just as you are already doing.

PSALM 133:1 NLT
1 How wonderful and pleasant it is when brothers live together in harmony!

5. How do you think God wants you to step up your game as a friend to others?

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1 PETER 4:8-10 NLT
8 Most important of all, continue to show deep love for each other, for love covers a multitude of sins. 9 Cheerfully share your home with those who need a meal or a place to stay. 10 God has given each of you a gift from his great variety of spiritual gifts. Use them well to serve one another.

6. What does this passage call us to in friendships? How would you say you're doing in living this out? How could you do this more fully?

Take It Home

On your own this week, take time to sit with the Lord and reflect:

JOHN 15:12-13 NLT
"This is my commandment: Love each other in the same way I have loved you. There is no greater love than to lay down one's life for one's friends."

Who would you consider your closest friends? What about those friendships are you grateful for? Thank God for it!

Ask the Lord what He thinks about your current friendships and your part in them. Is there anything He might be leading you to do or not do to strengthen the quality of your friendships?

What is one action you can take this week to work on one of your friendships?

Take It In | Sermon Notes

Key Takeaway:

Take It In | Group Video

Key Takeaway From the Video:

Augment your marriage with _____ and _____!

Talk About It!

1. Share about the marriage you saw your parents have by giving a rating of 1-10, 10 being 'it was a beautiful, healthy, loving marriage!' and 1 being 'there was no marriage' or 'it was a terrible and awful example of marriage'. No further explanation for right now, just the rating. We'll talk about it as the discussion unfolds.

2. Pastor John shared pretty openly in the video teaching. How did what he shared about his marriage affect you?

ROMANS 12:10 NLT
10 Love each other with genuine affection, and take delight in honoring each other.

3. What would it look like for you to 'augment your marriage with affection and honor'?

EPHESIANS 5:31-33 NLT
31 As the Scriptures say, "A man leaves his father and mother and is joined to his wife, and the two are united into one." 32 This is a great mystery, but it is an illustration of the way Christ and the church are one. 33 So again I say, each man must love his wife as he loves himself, and the wife must respect her husband.

4. How does the relationship between the Church and Jesus reflect marriage?

5. How did your parents' marriage or lack thereof influence what you brought, or intend to bring, into your own marriage?

COLOSSIANS 3:18-19 NLT
18 Wives, submit to your husbands, as is fitting for those who belong to the Lord. 19 Husbands, love your wives and never treat them harshly.

6. If you had to name one problem area you personally need to work on for your marriage to get better, what would it be? If you're not married, what's one area you personally need to work on to have better relationships, in general – romantic or otherwise?

NEXT STEPS

MARRIAGE MINISTRY *mycenterpoint.tv/Marriage*
If you're looking for support in your marriage, whether there is a need for healing or simply a desire to grow, register for the next Marriage Ministry class, Living Victorious, starting February 26th. Register at *mycenterpoint.tv/LivingVictorious*.

Take It Home

On your own this week, take time to sit with the Lord and reflect:

EPHESIANS 5:31-33

As the Scriptures say, "A man leaves his father and mother and is joined to his wife, and the two are united into one." This is a great mystery, but it is an illustration of the way Christ and the church are one. So again I say, each man must love his wife as he loves himself, and the wife must respect her husband.

How does marriage as an illustration of Christ and the church impact you? What kind of relationship does that depict?

What have your examples of marriage been like? How have they impacted your thoughts on marriage? Ask the Lord for His perspective.

If you are married: Ask the Lord for His perspective on your marriage and write down what comes to mind.
What can you do to love your spouse better? In what ways do you need the Lord's help, specifically? Ask Him for it!

Take It In | Sermon Notes

Key Takeaway:

Take It In | Group Video

Key Takeaway From the Video:

Work on the _____ to build a _____ marriage

Talk About It!

FOR GROUPS WITH NON-MARRIED MEMBERS:

(Go to the next page for groups with only married couples)

1. Share an example you have seen of a couple who have a good marriage with healthy oneness and what you've observed about their closeness.

GENESIS 2:24 NLT

24 This explains why a man leaves his father and mother and is joined to his wife, and the two are united into one.

MATTHEW 19:6 NLT

6 Since they are no longer two but one, let no one split apart what God has joined together."

2. Why does oneness factor in with such importance in marriage? What kinds of choices do spouses need to make to work on the oneness?

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3. If you are married: share something (non-sexual) that you do to work on the oneness together. Why or how is this challenging? Why or how is this also rewarding?

If you are single: how are you finding fulfillment in closeness through healthy friendships?

HEBREWS 13:4 NLT

4 Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral.

4. What kinds of things make the marriage bed impure? What could help it be kept pure? Why would this be a good goal – both before and during marriage?

Talk About It!

FOR GROUPS WITH ONLY MARRIED COUPLES

1 CORINTHIANS 7:1-2 NLT
1 Now regarding the questions you asked in your letter. Yes, it is good to abstain from sexual relations. 2 But because there is so much sexual immorality, each man should have his own wife, and each woman should have her own husband.

1. Share about something you have owned (pet, car, hobby item) that you had to take care of. Describe how you took care of it and what that reauired. How does that relate to the dynamic of sexual intimacy in marriage?

2. What has influenced (positively or negatively) your understanding of sexual intimacy?

1 CORINTHIANS 7:3-4 NLT
3 The husband should fulfill his wife's sexual needs, and the wife should fulfill her husband's needs. 4 The wife gives authority over her body to her husband, and the husband gives authority over his body to his wife.

3. What kinds of different needs do you and your spouse have, generally speaking? Do you find some needs hard to embrace, let alone meet? What steps can you take toward embracing and meeting your spouse's needs? What are some expectations that you might need to adjust?

1 CORINTHIANS 7:5 NLT
5 Do not deprive each other of sexual relations, unless you both agree to refrain from sexual intimacy for a limited time so you can give yourselves more completely to prayer. Afterward, you should come together again so that Satan won't be able to tempt you because of your lack of self-control.

4. In what way can sexuality be a vulnerable area in a marriage? What are some specific steps you could take toward cultivating a healthy sexuality in your marriage? What benefit could come to your marriage and to you personally if you'd do that?

NEXT STEPS

MARRIAGE MINISTRY *mycenterpoint.tv/Marriage*
Check out the Marriage Ministry's THRIVE marriage workshops! These workshops are held one Saturday morning a month with dynamic and interactive studies for healthier and vibrant marriages. Sessions include breakfast, teaching, hands-on application, and building community with other couples. For more information, go to *mycenterpoint.tv/Thrive*.

Take It Home

On your own this week, take time to sit with the Lord and reflect:

What impact does sexual intimacy have on a relationship? How can you honor God's intention for sexual intimacy?

What has influenced your understanding of sexual intimacy? Ask the Lord to speak to you about it and to bring healing anywhere it may be needed.

If you're married: How is your oneness with your spouse? What's a practical step you can take to increase the oneness in your marriage this week? Process with the Lord and ask for His perspective.

Take It In | Sermon Notes

Key Takeaway:

Take It In | Group Video

Key Takeaway From the Video:

I bring grace into my family by _____ and _____ them faithfully!

Talk About It!

1. Pick one of the five 'ways to love and serve faithfully' you just heard about and share how you have seen or would like to see more of that in your family.

2. Give your family growing up a 'letter grade' in terms of whether a culture of grace was there or not; share the grade and why you would give that grade.

3. In the message, the acronym G.R.A.C.E. was used to identify five key components of grace as a foundation for the family. If you remember one that you thought 'we struggle with that one', share about it.

PSALM 103:1-14 NLT

1 Let all that I am praise the Lord; with my whole heart, I will praise his holy name.
2 Let all that I am praise the Lord; may I never forget the good things he does for me.
3 He forgives all my sins and heals all my diseases.
4 He redeems me from death and crowns me with love and tender mercies.
5 He fills my life with good things. My youth is renewed like the eagle's!

6 The Lord gives righteousness and justice to all who are treated unfairly.

7 He revealed his character to Moses and his deeds to the people of Israel.
8 The Lord is compassionate and merciful, slow to get angry and filled with unfailing love.
9 He will not constantly accuse us, nor remain angry forever.
10 He does not punish us for all our sins; he does not deal harshly with us, as we deserve.
11 For his unfailing love toward those who fear him is as great as the height of the heavens above the earth.
12 He has removed our sins as far from us as the east is from the west.
13 The Lord is like a father to his children, tender and compassionate to those who fear him.
14 For he knows how weak we are; he remembers we are only dust.

4. What picture of family with the Heavenly Father do these words portray?

5. If you had to pick one verse from Psalm 103:1-14 to bring into your family as an extra measure of grace, which verse would it be and what would it look like for you to live that out with your family as God does with you?

6. Share a hope for how you believe your family can change for the better.

Take It Home

On your own this week, take time to sit with the Lord and reflect:

GALATIANS 5:13-15 NIV

13 You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. 14 For the entire law is fulfilled in keeping this one command: "Love your neighbor as yourself." 15 If you bite and devour each other, watch out or you will be destroyed by each other.

How has your family of origin influenced you? What do you want to pass on? What do you want to change?

What role do you play in contributing to a healthy family dynamic? Ask the Lord and write down what comes to mind.

How can you grow in loving your family faithfully? Write 2-3 things you can do to serve and love them this week!

Take It In | Sermon Notes

Key Takeawa:

Take It In | Group Video

Key Takeaway From the Video:

I can live out _____ as a parent by not letting _____ lose it!

Talk About It!

1. Share a positive attribute of one of your parents and the impact that it had on you.

2. On a scale of 1-10, how are you doing with the 'not letting myself lose it!' aspect of parenting? *(10 is great, 1 is - I scream at them every. single. day!)*
If you don't have any children, how would you rate yourself in your context?

1 CORINTHIANS 13:4-6 NLT
4 Love is patient and kind. Love is not jealous or boastful or proud 5 or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. 6 It does not rejoice about injustice but rejoices whenever the truth wins out.

3. Talk about self-regulation as it relates to love. What ideas could you try in order to self-regulate a bit better so that you can be a better parent? If you're not a parent, think about other relationships where this applies.

PSALM 127:1-3 NLT
1 Unless the Lord builds a house, the work of the builders is wasted. Unless the Lord protects a city, guarding it with sentries will do no good. 2 It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to his loved ones. 3 Children are a gift from the Lord; they are a reward from him.

PROVERBS 22:6 NLT
6 Direct your children onto the right path, and when they are older, they will not leave it.

4. How are children a blessing? How can something that is a blessing also be such a challenge at the same time?

EPHESIANS 6:1-4 NLT
1 Children, obey your parents because you belong to the Lord, for this is the right thing to do. 2 "Honor your father and mother." This is the first commandment with a promise: 3 If you honor your father and mother, "things will go well for you, and you will have a long life on the earth."

4 Fathers, do not provoke your children to anger by the way you treat them. Rather, bring them up with the discipline and instruction that comes from the Lord.

5. What does exasperating or provoking your children actually look like? How have you found yourself actually doing that at times? How are you going to move away from that?

If you don't have children, what has honoring your parents looked like through different stages of life? How can you grow in or continue to honor them well?

Take It Home

On your own this week, take time to sit with the Lord and reflect:

EPHESIANS 4:2 NLT
Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love.

How are you at healthy self-regulation? In what situations is it the hardest? Ask the Lord for His help in this.

What are some things you learned from your parents that you are grateful for? What are some things you've had to unlearn? Ask God for His help in passing on the good to future generations.

If you are a parent: Read Colossians 3:20-21. As you read, are there any behaviors in your parenting you feel like the Holy Spirit wants to address with you? A pattern that needs to change or a strategy that needs to be implemented?

Take It In | Sermon Notes

Key Takeaway:

Take It In | Group Video

Key Takeaway From the Video:

I _____ in the revelation that God is my _____ in Heaven

Talk About It!

1. How was your relationship with your dad growing up on a scale of 1-5 (5 being awesome). What was great or what was missing?

2. What are some of the things you are doing to cultivate your relationship with God as your Heavenly Father?

JAMES 1:17 NLT
17 Whatever is good and perfect is a gift coming down to us from God our Father, who created all the lights in the heavens. He never changes or casts a shifting shadow.

3. In what ways have you received some good gifts from your Heavenly Father? Share about it.

2 CORINTHIANS 1:3-4 NLT
3 All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. 4 He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.

4. What's your experience of the Heavenly Father's comfort? In what area of your life do you need more of the Father's comfort even now?

EPHESIANS 3:14-15 NLT
14 When I think of all this, I fall to my knees and pray to the Father, 15 the Creator of everything in heaven and on earth.

5. What is your pattern of approaching the Father and how has your life changed because of the connection you have with God the Father?

Take It Home

On your own this week, take time to sit with the Lord and reflect:

ROMANS 8:15

15 So you have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when he adopted you as his own children. Now we call him, "Abba, Father."

What does it mean to know God as "Abba, Father"? Ask Him and write down what comes to mind.

When you think about God as your Heavenly Father, what impact does that have on you?

What is something that you can do this week to build your relationships with your Heavenly Father?

Take It In | Sermon Notes

Key Takeaway:

WEEK 8: CHURCH FAMILY

Take It In | Group Video

Key Takeaway From the Video:

My _____ helps me build _____!

Talk About It!

1. What do you value most about your experience of being part of the body of Christ?

1 CORINTHIANS 12:12-14 NLT

12 The human body has many parts, but the many parts make up one whole body. So it is with the body of Christ. 13 Some of us are Jews, some are Gentiles, some are slaves, and some are free. But we have all been baptized into one body by one Spirit, and we all share the same Spirit. 14 Yes, the body has many different parts, not just one part.

2. What does it mean to you to think of yourself as a part of "One Body" with various other kinds of people?

1 CORINTHIANS 12:15-20 NLT

15 If the foot says, "I am not a part of the body because I am not a hand," that does not make it any less a part of the body. 16 And if the ear says, "I am not part of the body because I am not an eye," would that make it any less a part of the body? 17 If the whole body were an eye, how would you hear? Or if your whole body were an ear, how would you smell anything? 18 But our bodies have many parts, and God has put each part just where he wants it. 19 How strange a body would be if it had only one part! 20 Yes, there are many parts, but only one body.

3. In the context of the Body of Christ, what part would you say you are and why? How has that been confirmed or challenged in your life?

1 CORINTHIANS 12:21-26 NLT

21 The eye can never say to the hand, "I don't need you." The head can't say to the feet, "I don't need you." 22 In fact, some parts of the body that seem weakest and least important are actually the most necessary. 23 And the parts we regard as less honorable are those we clothe with the greatest care. So we carefully protect those parts that should not be seen, 24 while the more honorable parts do not require this special care. So God has put the body together such that extra honor and care are given to those parts that have less dignity. 25 This makes for harmony among the members, so that all the members care for each other. 26 If one part suffers, all the parts suffer with it, and if one part is honored, all the parts are glad.

4. What are some parts in the Body of Christ that might "seem weakest and least important" but may actually be "the most necessary parts"?

5. Have you had thoughts regarding your church family like "I don't need you"? What about thoughts like "I'm not needed"? Where might those types of thoughts come from? How can we grow in bringing more harmony and honor to the Body of Christ?

1 CORINTHIANS 12:27-31 NLT

27 All of you together are Christ's body, and each of you is a part of it. 28 Here are some of the parts God has appointed for the church: first are apostles, second are prophets, third are teachers, then those who do miracles, those who have the gift of healing, those who can help others, those who have the gift of leadership, those who speak in unknown languages. 29 Are we all apostles? Are we all prophets? Are we all teachers? Do we all have the power to do miracles? 30 Do we all have the gift of healing? Do we all have the ability to speak in unknown languages? Do we all have the ability to interpret unknown languages? Of course not! 31 So you should earnestly desire the most helpful gifts. But now let me show you a way of life that is best of all.

6. Share a word of appreciation for some part of the Body of Christ you personally feel particularly grateful for in our church. Get specific; name names and thank God for them! It could be a volunteer, a pastor, a person others always see, or always overlook. Why are you particularly grateful for that 'body part'?

NEXT STEPS

GROW TRACK *mycenterpoint.tv/GrowTrack*

One of the best ways to learn more about your Centerpoint Church family is to take Grow Track! You'll learn about the DNA of Centerpoint, talk about your God-given design as a part of the body, and discover the opportunities to get connected with your church family. Check out the website to learn more and register!

Take It Home

On your own this week, take time to sit with the Lord and reflect:

1 CORINTHIANS 12:27 NIV
Now you are the body of Christ, and each one of you is a part of it.

What does it mean for you to be a part of the body of Christ? What's good and what's hard about it?

What assaignment do you sense from the Lord as it relates to your church family? If you're not sure, ask God about it and take note of what comes to mind. If you have an idea, ask the Holy Spirit to help you live it out!

What can you do this week to build up your church family? Ask God for His help in it and to multiply the impact!

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