

SESSION 1: UNOFFENDABLE

How to never be offended again...

Memory Verse:

*“Good sense makes one slow to anger,
and it is his glory to overlook an offense.”*

Proverbs 19:11

On a scale of 1-10 how quick are you to become angry when you feel someone has infringed on your rights?

What situations tend to trigger you the fastest? Traffic, family, work, etc.

Are you carrying any baggage of resentment and bitterness toward someone who has hurt you in the past?

Read together Philippians 2:5-11.

What practical ways will you live out the spirit of these verses?

Have you considered who you might have offended in the past and how you might help heal that wound?



SESSION 2: BEING AN ENCOURAGER

How to express appreciation...

Memory Verse:

“Let us consider how we may spur one another on toward love and good deeds, not giving up meeting together.”

Hebrews 10:24

Who has been a spiritual encourager in your life?

How has encouragement or the lack of encouragement affected your faith journey?

On a scale of 1-10 how well do you encourage others in their faith?

Read these passages about Saul/Paul and Barnabas ...

- Acts 8:1-3
- Acts 9:1-31

What strikes you about these passages?

In what environments can you be an active part of developing a “culture of encouragement?” How will you do that?



SESSION 3: LISTEN WELL

How to be the most interesting person in the room...

Memory Verse:
"So then, my beloved brethren,
let every man be swift to hear,
slow to speak, slow to wrath..."
James 1:19-20



Since we are talking about listening...

What type of music do you enjoy?

What noises do you hate to hear?

Of the 7 suggestions that Jen shared, which ones do you already do pretty well?

- Square off with people as they speak to you.
- Make eye contact.
- Put your phone down.
- Be patient. Allow people to completely finish their thoughts.
- Show interest.
- Ask clarifying questions.
- Follow up.



Which ones to you need to work on?

In the past, how has 'someone listening to you' been a blessing?

How can you be more intentional in really hearing others?



SESSION 4: COMMITMENT

The secret sauce of deep friendship.....

Memory Verse:

*“A man of many companions may come to ruin,
but there is a friend who sticks closer than a
brother...”*

Proverbs 18:24



Who was one of your childhood friends? What do you remember about them?

Who has been a long-time, committed friend to you?

What benefits have you experienced through such a long-standing relationship?

Read Proverbs 27:6 and 18:24.

What are the blessings of these types of friendships?

Read Matthew 22:36-40 (The Great Commandment).

What are the implications for us in everyday living?

Read 1 Corinthians 13.

What are the everyday implications of these verses?

Who needs you to be committed to them?

Are you willing to reach out to them and let them know that you will be there for them?

Take a look at 5 marks of a committed relationship with Christ and rate yourself in each area:

1. Devoted my life to Christ.
2. Committed to a church family.
3. Regularly share my faith with others.
4. Spend time, daily, in prayer and in God's Word?
5. Make an intentional effort that my everyday activities reflect Christ's character and attitude?



SESSION 5: COMPANION OF FOOLS

How to be wiser in 30 days...

Memory Verse:
*“The righteous choose their friends carefully,
but the way of the wicked
leads them astray.”*
Proverbs 12:26



What qualities are important to you in friendship?

Are most of your close friendships by choice or circumstance?

Do you feel the people you hang with bring you closer to God?

Read the amazing story of Elijah being taken from earth and going straight to heaven in 2 Kings 2:1-22. Notice the devotion Elisha has for his mentor and friend.



Elijah helped to mold Elisha's character and in return Elisha gave Elijah a much needed companion. Do you feel that your close friends bring you closer to God?

How can the people in your group encourage one another in your faith and take your friendships to the next level?



SESSION 6: TURN THE OTHER CHEEK

How to be more loving...

Memory Verse:

*"If it is possible, as far as it depends on you,
live at peace with everyone."*

Romans 12:18

What is your typical response when someone hurts you?



What would you like your response to be?

Read Matthew 5:38-48.

When you hear turn the other cheek what is your first reaction?

Do you pray regularly for those who have hurt you?

How can you practice going the extra mile this week?

What hurt do you need to lay aside in order to live a more healthy life?

