

# Sharpened, Not Shamed

Study Guide for Small Groups and Personal Growth

**Key Scriptures:** Proverbs 27:17, Ecclesiastes 4:9–12, Genesis 2:18, Matthew 5:13, Psalm 23, Luke 5:16, John 1:14

## Big Idea

God never designed us to grow alone. Biblical community exists to strengthen, protect, and restore us, not to expose or shame us. Just as iron sharpens iron, God uses relationships to form us while Christ and the Holy Spirit refine our hearts.

## Opening Reflection

1. When you hear the word “community,” what emotions come up first?
2. Have your past experiences with church community been mostly positive, painful, or mixed? Why?

## Section 1 – God’s Original Design

**Read:** Genesis 2:18

1. Why do you think God said this before sin entered the world?
2. What does this reveal about God’s values?
3. How does this challenge the idea that faith is meant to be private?

## Section 2 – Iron Sharpens Iron

**Read:** Proverbs 27:17

1. What does it look like to lose your spiritual edge?
2. Why does isolation feel safe even when it is harmful?
3. Who has helped sharpen you in your walk with God?

## Section 3 – Accountability That Protects

**Read:** Ecclesiastes 4:9–12

1. What makes accountability healthy?
2. Why does accountability sometimes feel unsafe?
3. What boundaries keep accountability biblical?

## Section 4 – Who Is in Your Tent?

**Read:** Mark 5:37 and Matthew 26:36–38

1. Why did Jesus have an inner circle?
2. Who belongs in your tent?
3. Do you have someone who knows your real struggles?

## **Section 5 – Consecration vs Isolation**

**Read:** Luke 5:16

1. What is the difference between spending time with God and isolating?
2. Why is spiritualized isolation dangerous?
3. How can you practice consecration without cutting yourself off?

## **Section 6 – Grace and Truth Together**

**Read:** John 1:14 and Psalm 23

1. Do you respond more easily to grace or truth?
2. How does grace create safety?
3. How does truth bring growth?
4. What happens when one is missing?

## **Activation Challenge**

- Contact one trusted believer.
- Schedule intentional time.
- Pray together.
- Shift from “my faith walk” to “our faith walk.”

## **Closing Prayer**

Father, thank You for not designing us to walk alone. Heal the places where community hurt us. Restore trust where it was broken. Give us courage to be known and wisdom to choose healthy relationships. Sharpen us without shaming us. Strengthen us without crushing us. Connect us to Your family. In Jesus’ name. Amen.