

## Ice Breaker

If you could kill any fashion trend forever what would it be?

## Talk It Over

READ THE WEEKLY VERSES AND DISCUSS THE QUESTIONS TOGETHER

“So now I am giving you a new commandment: Love each other. Just as I have loved you, you should love each other. Your love for one another will prove to the world that you are my disciples.”

John 13:34-35 (NLT)

- How does loving one another prove that we are followers of Jesus?
- What does this kind of love look like?

Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body.

1 Corinthians 6:19-20 (NLT)

- What does it look like to honor your body?
- God bought us by the blood of His Son, Jesus. How does knowing Jesus paid the ultimate price for us make you feel about yourself?

And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.

Hewbrews 10:25 (NLT)

- Why do you think the early church had a high value of meeting together?
- What are some practical ways we can encourage one another?

## Action Step

WRITE DOWN (ON PAPER OR IN YOUR PHONE) ONE ANSWER TO EACH OF THE FOLLOWING:

What is one way that you can daily practice . . .

- 1.) Honoring God above all everything else?
- 2.) Honoring yourself and keeping boundaries?
- 3.) Honoring others and showing God's love?

## Prayer Focus

THIS EXERCISE CAN BE DONE IN SILENCE OR WITH WORSHIP MUSIC PLAYING SOFTLY IN THE BACKGROUND.

**Step 1)** Have each person close their eyes and sit relaxed.

**Step 2)** Take a deep breath in and hold it.

**Step 3)** As you exhale, breathe out the words “**Jesus, I belong to you.**” Do this 3 times as a group. (You can also continue with more as the Holy Spirit leads you.)

**Step 4)** Conclude by leading the group in a prayer of thankfulness to God.