

Sermon Notes

Big Idea: What if I told you that what you are looking for – what your heart is yearning for is waiting for you in a circle? It's in Small Groups that God designed us thrive. Your circle is where life has the potential to be healthy, growing, and full of love.

Ephesians 4:16 (NLT)

Ingredients of an Unhealthy Circle:

- Pride and Hypocrisy
- Comparison and Condemnation
- Shame and Fear
- Manipulation and Control
- Gossip and Slander

Matthew 7:3-5 (ESV)

Romans 8:1 (ESV)

Proverbs 11:13 (ESV)

Ingredients of a Healthy Circle:

- Grace and Acceptance
- Conviction and Repentance
- Authenticity and Accountability
- Healing and Hope
- Joy and Courage

Isaiah 55:1 (ESV)

Acts 3:19-20a (ESV)

Proverbs 27:17 (NIV)

James 5:13-16 (ESV) 2 Cor. 1:3-4 (ESV)

Hebrews 10:23-25 (NLT)

Discussion Questions

- 1) What impacted you the most from this week's message? Encouraged you? Challenged you?
- 2) Read Ephesians 4:16. Do you know what *your part to play* is when it comes to helping the Body of Christ grow in a healthy and loving way? Explain.
- 3) Have you been a part of an *Unhealthy Circle* in the past (or now)? Which *Ingredients* were most evident, and how did you navigate (or perpetuate) those issues?
- 4) Have you been a part of an *Healthy Circle* in the past (or now)? Which *Ingredients* were most evident, and how did you navigate (or perpetuate) those values?
- 5) In this current season, what is God calling you to do to contribute to a *Healthy Circle*? What's the next step you need to take, and when will you take it?