

Managing the Lean **Discussion Questions**

1. Pastor Michael talked about two ways we dismiss pikria — "I'm not acting out so it's fine" and "I have the receipts so it's justified." Which of those two tends to be your default? Why do you think that version is easier to live with than calling it bitterness?

2. He described bitterness as something that shapes how you move — whose name makes you tighten, who you find yourself framing for others, who you've stopped extending the benefit of the doubt to. Without naming the person, is there someone in your life that description fits? What has that looked like practically?

3. The sermon made a distinction between the decision you make about what someone gets access to and what you carry about them in your heart. Do you think it is possible to make a wise boundary decision and still need to deal with pikria toward that person? Where is the line?

4. Paul grounds the call to forgive in the word charizomai — grace. He uses the same word for what God did in Christ and what we are called to do for each other. What is the difference between forgiving someone because it is healthy for you, forgiving them because they deserve it, and forgiving them because of the grace that was shown to you? Which one actually goes deep enough?

5. The sermon closed with the image of renovation — that Christ wants to get into the place we have learned to manage, not just stabilize the surface. What would it look like practically for you to bring what you are carrying before Christ this week? What would surrendering it actually involve?

These questions should spark deeper reflection and meaningful conversation about the key points of the sermon.