

## UPCOMING EVENTS:

### DISCOVER WESTBRIDGE - FEB 12th

**Want to learn more about WHY we do WHAT we do the WAY we do it? Come to "Discover Westbridge". Thursday, February 12th @ 6:30pm.**

**Scan the QR code to register!**

### WATER BAPTISM - MARCH 15th

**Follow the example of Jesus in Water Baptism. Join us on Sunday night, March 15th as we celebrate during our worship night.**

**Scan the QR code to register!**



## PERSONAL NOTES:

---

---

---

---

---

---

---

## LIFE GROUPS:

### CHECK OUT A LIFE GROUP!

**LIFE GROUPS are smaller groups of people who commit to meet together consistently for the purpose of growing relationally and spiritually.**

**Browse all the Life Groups option in the Westbridge Church App and sign up today!**

**Let us know if you have ANY questions!**



## MESSAGE NOTES

### The Good Life // Week 6

*"God blesses those who are persecuted for doing right, for the Kingdom of Heaven is theirs. God blesses you when people mock you and persecute you and lie about you and say all sorts of evil things about you because you are my followers. Be happy about it! Be very glad! For a great reward awaits you in heaven. And remember, the ancient prophets were persecuted in the same way." **Matthew 5:10-12***

*I have worked harder, been put in prison more often, been whipped times without number, and faced death again and again. Five different times the Jewish leaders gave me thirty-nine lashes. Three times I was beaten with rods. Once I was stoned. Three times I was shipwrecked. Once I spend a whole night and a day adrift at sea. I have traveled on many long journeys. I have faced danger from rivers and from robbers. I have faced danger from my own people, the Jews, as well as from the Gentiles. I have faced danger in the cities, in the deserts, and on the seas. And I have faced danger from men who claim to be believers but are not. I have worked hard and long, enduring many sleepless nights. I have been hungry and thirsty and have often gone without food. I have shivered in the cold, without enough clothing to keep me warm. **2 Corinthians 11:23-27***

#### 1. At some point, living the Jesus way will COST you something.

*All who do evil hate the light and refuse to go near it for fear their sins will be exposed. But those who do what is right come to the light so others can see that they are doing what God wants. **John 3:20-21***

#### 2. When you live the Jesus way, others are IMPACTED by your life.

*You are the salt of the earth. But what good is salt if it has lost its flavor? Can you make it salty again? It will be thrown out and trampled underfoot as worthless. You are the light of the world – like a city on a hilltop that cannot be hidden. No one lights a lamp and then puts it under a basket. Instead, a lamp is placed on a stand, where it gives light to everyone in the house. In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father. **Matthew 5:13-16***

#### 3. Living the Jesus way makes an ETERNAL impact.

*Then Jesus said to his disciples, "If any of you wants to be my follower, you must turn from your selfish ways, take up your cross, and follow me. If you try to hang on to your life, you will lose it. But if you give up your life for my sake, you will save it. And what do you benefit if you gain the whole world but lose your own soul? Is anything worth more than your soul? **Matthew 16:24-26***

# LIFE GROUPS

## DISCUSSION GUIDE

*These questions are designed to help groups discuss the weekend teaching while building relationships with each other and growing in our faith!*

**Feb 5th / 8th, 2026**

1

### WARM UP

1. When you hear the word *persecution*, what comes to mind first - extreme stories overseas or everyday pushback here? Why?

2. Why do you think most of us naturally avoid discomfort or conflict?

2

### KNOW IT

1. Read **Matthew 5:10-12**. What words or phrases surprise you most about Jesus calling the persecuted “blessed” or “happy”?

2. Read **John 3:20-21**. Why do you think light sometimes creates resistance instead of appreciation?

3. Read **Matthew 5:13-16**. What do the images of salt and light teach us about our role in the world?

4. Read **Matthew 16:24-26**. What does Jesus say following him will cost? What does he say we gain?

3

### SHARE IT

1. Have you ever experienced resistance, criticism, or misunderstanding because of your faith or values? What happened?

2. Which feels harder for you personally:

☐

Losing approval

☐

Losing influence

☐

Losing comfort

☐

Losing opportunities

3. Where do you feel the most pressure to compromise your faith right now (workplace, family, friendships, social media, culture)?

4. How does remembering persecuted believers around the world change your perspective on your own challenges?

4

### LIVE IT

1. How can you be “salt and light” this week in one specific environment (home, work, neighborhood, gym, school)?

2. Is there a place you’ve been tempted to stay quiet about your faith to avoid tension? What would courage look like there?

3. What spiritual practices could strengthen you so you’re prepared when opposition comes (prayer, Scripture, community, generosity, serving)?