



# LIFEgroup

## **REALLY LIVE WEEK 4 – 9.28.2025**

### **3 John 2-4 - S.P.I.R.E**

### **DISCUSSION GUIDE**

#### **Icebreaker Questions:**

1. What is something about yourself that you think is uncommon?
2. What is your least favorite movie genre and why?

#### **LIFEgroup Lesson**

**I. OPEN SHARE** - What's one thing that stood out to you from the message?

#### **II. Discussion Questions**

1. Jake started out talking about a season of his life that in his words was marked by unhealth and unsustainability. have you had a time in your life where you were unhealthy and it impacted and spread across multiple aspects of your life?
2. Read 3 John vs 2-4 aloud, and then discuss the following; knowing how John reached out to encourage Gaius, how can you encourage someone this week?
3. Diotrephes expressed arrogant, manipulative, and controlling behavior. How did his actions contrast with the hospitality and truth shown by Gaius?
4. Recall the story Jake shared with us about Barry, then read Matthew 11:28-30 (MSG) as a group, and answer this; in what ways did Barry, and in what ways can you, "learn the unforced rhythms of grace," so that you might "learn to live freely and lightly?"
5. Jake closed out the sermon with an abbreviated "SPIRE" update for everyone. Do you have anything to share that came up during that time?
6. In the spectrum of under challenged, appropriately challenged, and over challenged where do you naturally, usually land and why?
7. Which of the S.P.I.R.E. categories do you hope to work/focus on this week? Spiritual, physical, intellectual, relational, or emotional? And why?

In conclusion: This week, ask yourself how you're doing spiritually, and how you can sustain that, long term. Reach out to life group leaders if you'd like to pray about this; your church is here for you! Thank you for being a part of the Coastal family.

### **Announcements and Prayer**