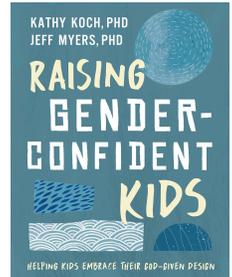


Main Street Church - Life Group Guide

Message: Raising Gender Confident Kids

Guest Speaker: [Dr. Jeff Myers - Summit Ministries](#)

Date: March 1, 2026



Connect (30min)

1. MARCH ON

- Share a *Blessing* and a *Battle* from this past week in your life.
- What is one *Challenge* or *Opportunity* for you in March?
- What is your *Plan* for reading/devotions for your time with Jesus this month?
e.g. 30min per Day (10min Reading / 10min Journaling / 10min Prayer) & the Book/Topic/Focus

2. PROJECT3:15 FEEDBACK

- Share your feedback from your experience at Project3:15 last Saturday -if you participated.

3. TAKE 5 – Read [Psalm 8](#).

Take 5 minutes to give thanks to God, and pray for one another before discussing Sunday's message.

Message Discussion (45min)

1. Read: [Psalm 139:13-18](#), [Matthew 19:4](#), [Ephesians 2:8-10](#), [Colossians 3:9-10](#), [1 Peter 3:15-16](#).
2. What are some specific areas of life where it makes a difference to understand that all human beings bear God's image?
3. How would you explain a *Biblical view of gender*, in your own words, to someone who hasn't heard of it or may even reject it?
4. The ideology of *transgenderism* has become so prevalent that it seems disrespectful to question it. What are some ways Christians can respond with difficult culture issues like this?
5. Dr. Myers talked about the idea of the "*gender spectrum*."
Why does our culture have such a hard time reconciling itself to the idea that there are two genders?
6. What are your thoughts about why the rising generation is 1,600 % more likely to identify as transgender than older generations?
7. What are some areas in your own life where you were challenged by the idea of learning to be comfortable being uncomfortable?

8. What are some areas in your own life where you can benefit from knowing how God made males and females to harmonize with one another?
9. How can parents build a supportive network that protects their children's understanding of their identity?
10. How can we help our kids respond to culture's stereotypes about gender that make them question their identity?
11. How can we encourage our children to find security in their identity when they feel pressured to conform to opposing views?
12. How can parents maintain a balance between standing firm in biblical truth regarding gender and responding with love and compassion to children or peers experiencing gender dysphoria or confusion?
13. Dr. Myers talked about C.U.E. Conversations— *Curiosity, Understanding, Envisioning*. Reflect on some areas of your life where this way of approaching conversations might be helpful.

*Resource Book by Dr. Myers & Dr. Koch:

[*Raising Gender-Confident Kids: Helping Kids Embrace Their God Given Design*](#)

PRAYER (15min)

>> Set aside 15min to Pray together as a group. Break into groups of 3-4 people to enhance this time together.

- In response to the message topic and discussion:
 - > Share 1 need in your life for prayer, and 1 person that you're praying for.

- Pray for one another.

FYI

>> Share announcements and confirm your plans for your next Life Group meeting.

- **Growth Track Classes.** Visit mainstreetchurch.ca/growthtrack for info and registration.
- **Together for Good: Marriage Workshop.** Saturday, March 21. mainstreetchurch.ca/marriages
- **Hearing God Workshop.** Sundays, April 19-May17. mainstreetchurch.ca/hearing-god
- **Set Free Retreat.** April 17-18. mainstreetchurch.ca/set-free