

# Main Street Church - Life Group Guide

**Series:** Together for Good

**Message:** WE Over ME – Couples and Singles Options

**Speaker:** Shawn Vandop - Lead Pastor

**Date:** February 15, 2026



## Connect (30min)

### 1. FRIENDSHIP REFLECTIONS. Read [Proverbs 17:17](#).

- Who was one of your best childhood friends? Who is one of your best friends now?

### 2. FEBRUARY CHECK IN

- Share a *Blessing* and a *Battle* that you're experiencing this week.
- Share - on a scale of 1-10 (poor to excellent) how are you in these three areas of health this week?  
a. *Physical Health* \_\_\_\_ b. *Mental Health* \_\_\_\_ c. *Spiritual Health* \_\_\_\_

### 3. TAKE 5 – Take 5 minutes to give thanks to God and pray for one another before discussing Sunday's message.

## Message Discussion (45min)

### 1. Differences in Relationships. Read [Genesis 2:18](#)

#### a. Couples:

What difference between you and your spouse has caused tension but may actually be part of God's design?

#### b. Singles: Think about a close friendship or family relationship.

How have someone's differences stretched or matured you?

### 2. Self-Denial in Relationships. Read [Luke 9:23](#)

#### a. Couples: Where is God currently asking you to deny yourself for the sake of your marriage?

#### b. Singles: Where is God asking you to practice self-denial in friendships, family, or church relationships?

### 3. Covenant vs Consumer Mindset. Read [1 Corinthians 13:4–7](#)

#### a. What would your key relationships look like if they were characterized by this definition of Love?

#### b. Couples: When is it easiest to slip into "What am I getting out of this marriage?" thinking?

#### c. Singles: Where do you notice a consumer mindset in dating, friendships, or church community?

### 4. Identity in Christ First. Read [Ephesians 2:10, Romans 8:38–39](#)

#### a. Couples: How do you keep your identity rooted in Christ rather than in your marriage or spouse?

#### b. Singles: How do you guard against defining yourself by relationship status rather than Christ?

### 5. WE Over ME Application. Read [Philippians 2:3–4](#)

#### a. Couples: What does choosing WE over ME look like practically this week in your marriage?

#### b. Singles: Where can you choose WE over ME in friendships, work, family, or church life this week?

**6. Conflict & Grace. Read [Colossians 3:12–14](#)**

- a. **Couples:** How do you usually respond when hurt in marriage — withdrawal, defensiveness, or grace?
- b. **Singles:** How do you typically respond when conflict arises in friendships or family?

**7. Spiritual Partnership. Read [Ecclesiastes 4:9–12](#)**

- a. **Couples:** How are you intentionally pursuing spiritual growth together?
- b. **Singles:** Who are your spiritual partners right now? How can you deepen those relationships?

**8. Source of Love — The Gospel. Read [Romans 5:5](#)**

- a. **Couples:** When has God helped you love your spouse beyond your natural capacity?
- b. **Singles:** When has God helped you love someone sacrificially outside romantic relationships?

**9. Rowboat Illustration (Shared Direction). Read [Amos 3:3](#)**

- a. **Couples:** Where might you be “rowing in different directions”? What alignment step is needed?
- b. **Singles:** Where in your life do you feel relationally disconnected or rowing alone?  
What step toward connection could you take?

**10. Practical Challenge. Read [Ephesians 4:2–3](#)**

- a. **Couples:** What’s one practical way you can strengthen unity in your marriage this week?
- b. **Singles:** What’s one relationship you can intentionally invest in this week?

**PRAYER (15min)**

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

- **Take a minute to briefly share 1 need in your relational life for prayer, and 1 person you’re praying for.**
- **Engage these Prayer themes and prompts as you praise God and pray for one another.**
  - > “**WOW...**” - Short Prayers of praise and wonder for God. (4min)
  - > “**THANKS...**” - Short Prayers of thanksgiving to God. (4min)
  - > “**HELP...**” - Focused Prayers for God’s help in your life and others. (4min)

**FYI**

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

- **Project3:15 Apologetics Conference.** Saturday, February 28. Visit [mainstreetchurch.ca/project315](http://mainstreetchurch.ca/project315) to register.
- **Together for Good: Marriage Workshop.** Saturday, March 21. [mainstreetchurch.ca/marriages](http://mainstreetchurch.ca/marriages) to register.