



Life Group Discussion Guide

“One Thing That Will Transform Every Relationship” – Mark 10:17-21

Paul Friesen— January 25, 2026

Main thought:

Following Jesus as the “one thing” transforms every relationship and reorients how we live, love, and lead.

Ice-Breaker

If you could instantly be good at one skill (no practice required), what would it be?

Questions

What stood out to you from the message?

Section 1: Seeking to know the “One Thing” (Mark 10:17)

- What does the rich young ruler’s question reveal about what he thinks eternal life is?
- Why do you think he approaches Jesus with a performance-based question (“What must I do?”)?

Section 2: In Pursuit of Other Things (Mark 10:19–20)

- Why do you think Jesus lists commandments related to relationships rather than explicitly spiritual practices?
- What “good things” can sometimes distract us from the *best thing*?

Section 3: The “One Thing” Jesus Names (Mark 10:21)

- Why is it important to see Jesus’ command as coming from love, not rejection?
- What might “selling everything” look like practically today—not just financially, but relationally or emotionally?

Section 4: Hindrances to experiencing the “One Thing” (John 21:20–22)

- Why do comparison and distraction so easily pull us off of following Jesus personally?
- Where do you see comparison affecting your walk with Christ or your relationships?

Section 5: How the “One Thing” Changes Everything (2 Corinthians 5:14–15)

- How does truly following Jesus reshape the way we approach relationships?
- What would it look like for Christ’s love—not fear, control, or approval—to compel us?
- How does living for Jesus actually lead to joy rather than loss?
- How would your closest relationships change if following Jesus became your primary pursuit?

Prayer: Take some time to pray for each other.