



## FIND YOUR PEOPLE. LOVE YOUR NEIGHBOR. WEEK FOUR



# CONVERSATION GUIDE

### DISCUSSION QUESTIONS

1. Look at the list of relational nutrients about conveying the good. What are your thoughts on that list? Which ones do you think are most important to you?
2. On the list of relational nutrients, what ones do you feel are missing or that you need most right now?
3. Of the list of relational nutrients, what do you find easy to deliver to others? Which ones are a challenge for you to give to others?
4. Who are the people you turn to for affirmation, encouragement, or respect?
5. Read Mark 1:25-26. What spirits or negative emotions are you dealing with right now? How can this group help you drive them out of your life?

### Deeper Dive

Who has shown you forgiveness and helped you to learn how to forgive others?

How can this group give you more of the nutrients that are missing from your life? Where might you need to find it from somewhere else?

- Affirmation – Draw attention to the good
- Encouragement – Convey that you believe in someone's ability to do the difficult
- Respect – Show honor and treat with dignity
- Hope – Provide reality based confidence in the future
- Forgiveness – Cancels your debts and helps you cancel the debts of others
- Celebration – Share the wins and good things going on in our lives

**From today's message,  
is there a...**

- **Scripture** to ponder?
- **Prayer** to pray?
- **Action** to take?
- **Conversation** to start?
- **Mindset** to change?

love **God**. love **others**. make **disciples**.