



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



# CONVERSATION GUIDE

### SCRIPTURE

When Jesus was born in Bethlehem of Judea, in the days of King Herod, behold, magi from the east arrived in Jerusalem saying, “Where is the newborn king of the Jews? We saw his star at its rising and have come to do him homage.”

Matthew 2:1-2

Whoever walks with the wise becomes wise, but the companion of fools will suffer harm.

Proverbs 13:20

### DISCUSSION QUESTIONS

1. In what aspects of your life have you experienced the guidance of the right people leading you towards success? How did you establish and nurture relationships with this supportive group?
2. Which relationships have played a significant role in strengthening your faith in God? How did these relationships contribute to your spiritual growth?
3. Upon reviewing the list of needs we have from others, what are your initial thoughts or reactions?
4. What aspects or “nutrients” do you believe you have a healthy supply of in your life? Why do you consider this balance to be healthy?
5. Which two or three needs or “nutrients” do you feel are lacking in your life currently? What does your soul crave the most during this season?

### Deeper Dive

How can the members of this group support one another? What limitations or challenges might the group face in providing support?

What triggers your inclination to isolate from others? During which situations do you find yourself wanting to be alone?

Reflecting on the proverb “He who walks with the wise grows wise, but the companion of fools suffers harm,” can you recall instances where the wrong influence led someone astray?

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

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

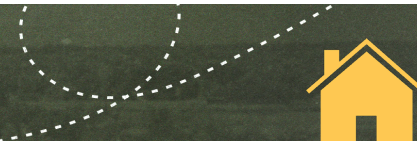
love **God**. love **others**. make **disciples**.

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# People Evaluation



On a scale of 1-3, mark how much of the following relational nutrients you have in your life.

\*Note: this list has been modified from People Fuel by John Townsend

**1** = None or Not Enough; **2** = Could Use More; **3** = Satisfied/Full

\_\_\_\_\_ **Acceptance** – I have people in my life who accept me without judgment.

\_\_\_\_\_ **Validation** – I have people in my life who are good at expressing empathy.

\_\_\_\_\_ **Identification** – I have friends in a similar season of life.

\_\_\_\_\_ **Containment** – I have people I can vent to so that I can carry on calmly.

\_\_\_\_\_ **Comfort** – I have people help me in times of loss or grief.

\_\_\_\_\_ **Affirmation** – I have people affirm the good in me.

\_\_\_\_\_ **Encouragement** – I have people who believe in me and my ability.

\_\_\_\_\_ **Respect** – I have people who respect me.

\_\_\_\_\_ **Hope** – I have people who help me to feel more confident about the future.

\_\_\_\_\_ **Celebration** – I have people I can celebrate my wins and joys with.

\_\_\_\_\_ **Clarification** – I have people who help to bring clarity when I'm confused.

\_\_\_\_\_ **Perspective** – I have people who challenge me to grow with their different points of view.

\_\_\_\_\_ **Insight** – I have people who help me come to a deeper understanding of life's problems and challenges.

\_\_\_\_\_ **Feedback** – I have people who will give me critical feedback.

\_\_\_\_\_ **Confrontation** – I have people who will let me know if I am going in the wrong direction or in the wrong.

\_\_\_\_\_ **Advice** – I have people I can turn to for advice and wisdom.

\_\_\_\_\_ **Challenge** – I have people who will encourage me to take action or do good things I don't want to do.

\_\_\_\_\_ **Development** – I have people who help me grow and develop.

\_\_\_\_\_ **Service** – I have people I serve and can "give back" to.

Look back at the list above and answer the following questions.

1. Which areas are the strongest for you?

2. What two or three weak areas would you bring into your life?

3. Do you have any other thoughts after looking at the list?

Heavenly Father,

Thank you for wanting to give me the people and relationships I need to grow into the person you want me to be. Thank you for empowering me to help others grow into who you have created them to be. Please help me to be attuned to the people you are bringing into my life in 2024 so that I may grow and help others grow. In Jesus' name.

Amen.