



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



# CONVERSATION GUIDE

### DISCUSSION QUESTIONS

1. What's your emotional state today? How would you describe it? What has happened today or the past week that has led you there?
2. Look at the list of relational nutrients of presence and understanding. What ones are strong in your life? Which ones are weak or missing?
3. Who are your "Peter, James, and John" the people who know you the best and you invite to know what's going on inside of you?
4. We need people who can identify with our struggles. What are your top three challenges right now? How do you feel about them? How does it connect with following Jesus?
5. We need friends in faith who can celebrate our victories. Where are you winning in life right now? Where are you growing in your relationship with God?

### Deeper Dive

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?

Look at the list of relational nutrients. How are you at giving those to others?

Nutrients of Presence and Understanding:

- Acceptance – Connect without judgment
- Attunement/Empathy – Aware of what another is experiencing
- Validation – Convey that a person's experience is significant and to be dismissed
- Identification – Share the same story
- Containment – allow someone to vent without reacting
- Comfort – Provide support for someone's loss

**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**.