

Leader Conversation Guide – A Healthy Me Is The Key to a Healthy Us

Main Idea

In this message, Pastor Mark taught us that in order to have healthy relationships, we have to be spiritually healthy ourselves. It's difficult to be spiritually healthy in our culture today, surrounded by the deconstruction of truth, disillusionment and lack of joy, and detachment from others. We are, as Pastor Mark said, "in the eye of a cultural storm." And if we continue on this path, there is no hope for us to be spiritually healthy. The only hope we have is to turn back to God. When we return to Him, He will restore our identity, purity, and unity. This is the only way we—and our relationships—can truly be healthy. So let's return to God!

Make It Practical

- **Identity**
 - Proclaim the truth of God's Word over your life.
 - Remind yourself who you are in Christ every day.
- **Purity**
 - Ask God to reveal any area where you've chosen your own way instead of His way
 - Repent, turn away from your sin, and align your life with His truth.
- **Unity**
 - Recognize we are better together.
 - Work through small disagreements with unity as your priority.

“The same glory You gave me, I gave them, so they'll be as unified and together as we are— I in them and You in me. Then they'll be mature in this oneness, and give the godless world evidence that You've sent me and loved them in the same way You've loved me.”

John 17:22-23 MSG

Talk About It

1. Describe who you are in Christ. Do you struggle to walk in this identity daily? Why or why not?
2. In what ways has God already set you free from sin? What do you need to surrender to Him today so that you can experience new freedom and purity in your life?
3. When you disagree with someone, how do you typically respond or interact with that person? How would your conversations change if you approached disagreements with unity as your priority?

IF WE WILL RETURN, GOD WILL RESTORE.

Prayer

Father, thank You for being willing to restore us when we return back to You. We ask You to solidify our identity in You. Help us to know who we are so that we will know how to live. Restore our purity so we can experience true freedom and abundant life. And help us live in unity, prioritizing our connection with one another over our desire to be “right.” As we become “one” in You, let our unity be evidence of Your love to the world. In Jesus’ Name, Amen.

Leader Tips

Today’s conversation may be sensitive for some of your group members. Establish that your group is a safe space for them to be open. Encourage them to be vulnerable, and make sure everyone has an opportunity to share.