

SERMON DISCUSSION QUESTIONS

GETTING OVER IT WEEK 1

*While anyone can take time to answer these questions individually, these questions are best discussed in a group! Not in a group yet? We want you in one! Head over to **southeastchristian.org** to join a group in person or online, wherever you are - today!*

What comes to mind when you hear the phrase “Get Over It”? Is that something you normally say to other people? Is it something you’ve heard other people say – maybe even directed at you? In what tone do you normally say/hear these words? Is there any kind of positive connotation to this phrase?

Read Ephesians 4:25-32. As you read through the passage together, make a note of all the practical commands Paul gives in these verses. What are Christian relationships supposed to look like? What qualities should define the way we treat one another? Why do we so often fall short of these ideals?

Why are we so tempted to hold onto bitterness and resentment? What is it that makes us want to store these things in our hearts and minds even though we know how toxic they can be for us? How have you experienced the toxic nature of these things in your own life? What effects have they had on you?

Kyle talked about three ways we handle our bitterness (Repress It, Rehearse It, Release It). Which of these strategies comes most naturally to you? Why do you think you have a natural bent towards that response? Have you ever known anyone who was able to Release offenses well? How were they able to do that?

In what ways does anger give the devil a “foothold” (Ephesians 4:27)? How does it make us more susceptible to attacks/temptations? Based on that, how is forgiveness a part of spiritual warfare? What are some ways we can remind ourselves what’s really at stake when it comes to resentment?

As you close, reread Ephesians 4:27. We are called to forgive others the way Christ has forgiven us. What are some words you would use to describe the ways Jesus has forgiven you? What are some words you would use to describe the ways you forgive others? Close in prayer by asking God to help your words match His.