

SESSION 4

Breaking the Power of Labels



[Read Small Group Guidelines](#)



Opening Prayer

“Father, thank you for each person here. Help us approach this conversation with open hearts and a willingness to learn. Teach us to listen deeply and care for one another well. Guide our time together. Amen.”



Overview

Labels can create distance, assumptions, and division—reducing people to categories instead of seeing them as whole human beings. The practice of breaking the power of labels invites us to move beyond “them” thinking and begin seeing people through the lens of dignity, story, and compassion. Rather than defining ourselves or others by stereotypes, mistakes, roles, or assumptions, we learn to recognize the beloved person behind the label. As we listen to people’s stories and truly see one another, empathy grows, judgment softens, and deeper connection becomes possible.



[Watch Session 4 Video Teaching: Break The Power of Labels](#)



Discussion Questions

1. **What labels have been utilized in your life that affect or limit how you see yourself or others?**
2. What negative labels or lies have you believed about yourself? Are there labels you've embraced that may not actually reflect who God says you are?
3. Can you think of a time when you made an assumption about someone based on a label? What happened?
4. Jesus often saw beyond labels (sinner, outcast, etc.). What stands out to you about how He treated people?
5. In [Genesis 1:27](#), we're told we're made in God's image. How does that truth challenge the way we label ourselves or others?

If you have time, spend a couple of minutes writing down your response to one of the bonus questions. Sharing is optional. If we don't have time to get to it today, take a few minutes sometime this week to reflect on and answer the bonus question.

Bonus Questions: How would my life change if I fully believed in my identity in Christ? Who is one person I can choose to see beyond a label? What would it look like to engage them differently?



Closing Prayer

"God, thank You for meeting us in this conversation. Help us live out what we've learned and continue growing in compassion and truth. Bless each person here this week. Amen."