



Q – Where is your focus?

Today's Core Truth: The focus of my mind and heart will determine the focus of my fight.

Ephesians 4:22-24 (NIV)

3 Key Points to Fighting for "We":

⇒ " _____ " = **Courage**

John 16:33 (NIV)

Psalms 31:24

"Courage is not the absence of fear, but rather the judgement that something else is more important than fear." – James Neil Hollingworth

⇒ _____ . . . **even in the midst of conflict.**

Romans 8:5 (NIV)

Galatians 5:22 (NIV)

⇒ _____ **Community**

Ecclesiastes 4:9-12 (NIV)

Galatians 6:2

Consider asking yourself:

NEXTsteps

- Where do I need to "take heart"...have courage and face a problem or challenge that I may have been avoiding recently?
- What next step can I take to allow God to renew my mind and through the Fruit of the Spirit create connection with my spouse or other relationship — *even if* things aren't going well right now? [Continued →]

- Who do I need to spend time with that will encourage me (or us as a couple) to keep fighting the good fight?
- Who can I encourage and support? Who needs me right now?

ANSWER KEY: Take heart, Connection, Choose



Study & Discussion for Your Next Small Group

Theme: Focus Your Fight on “We”...Not “Me”

Share Together: What does it look like to “take heart” — to have courage even when you’re not feeling very courageous?

Reflect together: What impacted you the most

from Sunday’s message?

Read Together: Romans 8:5

Discuss Together:

- How does the focus of your mind and heart impact the way you fight?
- Jesus tells us that life is going to be hard (*In this world you will have trouble...Jn 16:33*). How does that impact your thoughts and feelings about what you think marriage (or other relationships) “should” be like?
- What does our culture say about marriage and relationships?
- Share a time when you have been courageous in a relationship.
- In your personal experience, what does it mean to be focused on “me” rather than “we”?
- If you could fully experience relationships through the lens of Jesus overcoming the world, what would be different for you?
- What does it look like to create connection, even when you’re in the midst of a conflict?
- Read Galatians 5:22 — how can you stay rooted in the Fruit of the Spirit in the middle of a battle?
- When you’re struggling with a personal challenge (maybe in your marriage) how easy is it for you to reach out for help?
- Who is in your life right now that you can call in a crisis?
- What challenge are you facing that you might tend to hide or avoid even with close friends?
- How can you make yourself available to be supportive and encouraging to those around you?

Pray Together: Take time to share how God has answered prayer and any prayer requests you have today.