



Discussion Questions

IT'S NOT ME, IT'S YOU
Part 3 – “Maybe It Is Me”

One of the ongoing tensions in the Christian faith is the balance between conviction (truth) and compassion (grace). Open your discussion by reading John 1:14 and answering the following questions:

1. Do you tend to gravitate towards conviction or compassion?
2. Can or should we, strive to be full of both?
3. How can being full of truth and absent of compassion produce toxicity in us?
4. How can being full of compassion and absent of truth produce toxicity in us?

Read: Matthew 7:1-5

How does unrighteous judgement cripple our ability to act compassionately? Do you find yourself rationalizing or making justifications for your unrighteous judgments? What does this reveal about us and the condition of our heart?

Read: Ephesians 6:19-20

How can fear hinder your conviction? When have you found it most difficult to be bold and full of conviction concerning the gospel? How can this be overcome? Have you ever prayed for boldness and conviction?

Read: 1 Corinthians 15:33

Are there toxic people, environments or situations in your life that are influencing you to become toxic? Take some time to discuss either current situations or past experiences where you have been negatively influenced towards toxicity including, but not limited to, the following:

1. Other toxic people (Home, work, family, media)
2. Political or social alliances/views
3. Stress
4. Isolation

What are some actions that you can take to avoid becoming toxic? How can regular fellowship with other believers help alleviate our tendencies towards toxicity?

Read: Matthew 5:43-46, Matthew 5:21-24

“Unforgiveness is like drinking poison, expecting the other person to get sick.”

Are you harboring unforgiveness in your heart that is causing you to become toxic? Who do you need to forgive? How can you forgive them fully and be free from the toxicity that it is causing in your own life?