



DISCUSSION QUESTIONS

1. Talk about a time when the negative consequences of your behavior taught you a valuable lesson. How do you think your life might be different if someone had helped you avoid those consequences?
2. Do you find it more difficult to offer others help or to receive help from others? How do you think that tendency has affected your relationships?
3. Read Galatians 6:1–5 below. Talk about a time when someone helped you carry a burden. How did that experience change your relationship with that person? How did it affect your relationship with God?

Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted. Carry each other's burdens, and in this way you will fulfill the law of Christ. If anyone thinks they are something when they are not, they deceive themselves. Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else, for each one should carry their own load. Galatians 6:1–5

4. Have you ever had to wrestle with the question of whether your assistance to someone was doing that person more harm than good? If so, what happened?
5. Is there a relationship in your life in which reconciliation seems impossible? If so, what can you do to begin to set healthy boundaries in that relationship? How can this group hold you accountable?