

Taking it Deeper - Discussion notes  
Emotionally Healthy  
2 Corinthians 3.17-18  
AGIF November 4

*Note - these notes are designed to facilitate a small group discussion to “take deeper” and apply personally the Sunday message. The questions are meant to stimulate discussion. Of course you are welcome to add more questions, or take away. You know your group.*

*Sunday summary - Building an emotionally healthy community requires effort. One aspect is to be authentic, to take off our masks. Are you willing?*

Intro question - When you were little did you ever dress up in a costume? What was your favorite?

Read 2 Corinthians 3.17-18

What does this mean - “contemplating” the Lord’s glory, or “reflecting” the Lord’s glory? Why would that result in us being changed?

Read James 5.16

How does being honest with another person about your weaknesses and even sin result in healing?

Should we be open with everyone about the specifics of our sin? Or is some care appropriate regarding whom we can trust?

Read John 8.32

We know the truth sets us free, but still it is difficult to be honest sometimes about our weaknesses. Why is that?

What would be a quality of someone you could honestly share your weakness with?

How can we pray for you? (pray for anyone willing to share).

Then -  
pair off 2 by 2 and pray for each other.