

# DISCUSSION GUIDE

SEPTEMBER 21/22 | WHAT MATTERS?

BEFRIENDING YOURSELF - YOU MATTER!

COLOSSIANS 1:9-16, 1 PETER 2:9

## FOR STARTERS

1. Looking back at your notes from this week's teaching, was there anything that particularly caught your attention, challenged you or raised questions?
2. As a group, list any ways you have experienced self-doubt because of failing at something. Share briefly about how you dealt with it.
3. How have you struggled with loving and encouraging yourself?

## DIGGING IN

1. Read James 3. How do we become an enemy of God?
2. Read John 4. The Samaritan woman had reason to feel shameful, but what helped her to overcome that shame?
3. Is it hard to forgive yourself for your mistakes?
4. Ephesians 5:29. Discuss what it means to love yourself.

## BRINGING IT HOME

1. How can you walk with those who are struggling to love themselves?
2. How can you let people walk with you as you deal with your struggle to love yourself?
3. How have you become bitter due to your experiences?
4. From the message this week, what is God asking you to do and how can this group help you?

# MESSAGE NOTES

MESSAGE SERIES:

TITLE:

SCRIPTURE:

Belonging to a small group is a great way to grow spiritually. If you would like to join a group or get more information, contact Bri Morrison at [bmorrison@doorcreekchurch.org](mailto:bmorrison@doorcreekchurch.org).