

January 19, 2025: Back to Basics: Three Simple Rules for Everyday Living

Theme #2: "Do Good."

Scripture Reading: Galatians 6:9-10

In a world filled with distractions, sometimes we need to get back to the core of our faith: the simple yet profound commands to love God, do no harm, and to do good. The New Year presents us with the opportunity to renew our commitment to live out our beliefs through our actions, attitudes, and relationships.

1. When was the last time you felt *weary*?
2. Can you recall a time when you chose not to give up? Describe the situation and the result?
3. Read Galatians 6:9-10. What one word stands out to you?
4. What does it look like to work for the good of *all* (verse 10)?
5. Sometimes doing good to others can leave people feeling drained and spent. Have you ever experienced this? How should we respond when we feel this way?
6. In John's Wesley's list of The General Rules, he divided the "Do good" section into doing good to the *bodies* of others and also to their *souls*. What are some of the ways the church continues to serve

bodies and souls? How do we carry this out as individuals?

7. Paul commends working for the good of all, and especially toward people of faith. How do you understand this passage? Why do you think Paul recommends helping Christians especially?
8. As we begin 2025, where is God inviting you to invest in doing good?
9. What is one practice in your life that has helped you to keep doing good, or has helped you to not grow weary?

January 12, 2025: Back to Basics: Three Simple Rules for Everyday Living

Theme #1: "Do no Harm: Part 2"

Scripture: Romans 12:2; 13:8-14

1. Have you made a new year's resolution? If so, how is it going?
2. Can you think of a way you have been *transformed* in your life? Describe that situation.
3. Romans 12:2 instructs us not to be *conformed* to this world. What are some of the main ways people conform to this world?
4. After the apostle Paul says to be transformed by the renewing of our minds, he spends the next few chapters giving practical instruction to the Roman church. What specific things does he instruct in 13:8-14?
5. Romans 13:10 says "Love does no wrong to a neighbor." How have you seen this lived out?
6. Do you think Christians today are known by their love? Why or why not?
7. What are practical ways we can "put on" the Lord Jesus?
8. Is there an area of your life in which you need to refocus on doing no harm?
9. How can the local church reinvest in doing no harm to others?

January 5, 2025: Back to Basics: Three Simple Rules for Everyday Living

Theme #1: “Do no Harm:

In a world filled with distractions, sometimes we need to get back to the core of our faith: the simple yet profound commands to love God, do no harm, and to do good. The New Year presents us with the opportunity to renew our commitment to live out our beliefs through our actions, attitudes, and relationships.

Scripture: Romans 12: 17-21; Matthew 5:43-48

1. What does “Do no Harm” mean to you personally?
2. Can you think of a time when choosing to do no harm required you to act or respond differently than you initially intended?
3. What does it mean to “not repay anyone evil for evil”?
4. How does this passage challenge the way we handle conflict or difficult people?
5. In Matthew 5, Jesus calls us to love our enemies. How is loving our enemies a form of doing no harm?
6. Proverbs 15:1 says, “A gentle answer deflects anger, but harsh words make tempers flare.” How can a gentle answer prevent harm in tense situations?
7. Can you share about a time when a soft response diffused a potentially harmful situation?

8. In what areas of your life do you find it the most difficult to do no harm (e.g., family, work, social media)?
9. What spiritual habits or practices can help us become more mindful of our actions and their potential to cause harm?
10. Who might God be calling you to extend grace to this week as an act of doing no harm?