

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?