



Life Group Study Guide

Week 1: A Solid Foundation

- When you find yourself disagreeing with someone's politics, views, religion or ideology, what is your usual response? How does that response enhance or detract from your faith values?
- Think about someone on the other side of your ideological, theological or philosophical spectrum. Think of two or three of them. How well do you understand that person? Make a list of their top three concerns? Can you empathize with those concerns even if they are not your own? Can you find an inch of common ground?
- Nehemiah challenges us to empathize (mourn), sacrifice (fast) and pray. Which of those three are the hardest for you? Why?
- Can you name some personal biases in your life? What are they? Say them out loud or write them down. Can you name some stresses or triggers in your life? What are they? Same them out loud or write them down.
- What are some of the spiritual or kingdom values on display when we let people be themselves vs. trying to convince them to be more like yourself?
- Where else in scripture do find the idea of Christian Empathy on display?