

TOPIC 3

DISCUSSION QUESTIONS

1. Read Matthew 22:37-39 (NLT). What jumps out at you in this passage?
2. What does it mean to be “emotionally healthy”? Make a list.
3. Who is the most emotionally healthy person you know? How do you know?
4. Read Romans 12:9-10 (NLT). What does it mean to be “relationally healthy”? Make a list.
5. Who is the most relationally healthy person you know? Describe this person.
6. What grade would you give yourself on your emotional and relational health? Explain.
7. Read 2 Corinthians 5:17 (NLT). Share about someone who became a “new person” after they met Christ.
8. Is there a step you need to take based on today’s topic?

