

Start with a time of prayer and worship.

Icebreaker: Which book/film/TV characters come to mind when you think of bad friends or toxic friendships? What did those relationships look like?

Our **Live** value states: *We seek to build strong supportive networks; providing friendship, family and a home to people from many backgrounds and nations.*

- Why is this value important for St James?
- Why is this value important for you?

What might our **Live** value look like practically?

Read and reflect on Ephesians 4:17-32. Use any of the following questions to help you as a group to get to grips with what this passage means for your group today:

- What are your initial reactions to this passage?
  - Is there anything you don't understand?
  - What verse or verses jump out at you?
- What does this passage tell us about:
  - God?
  - Humanity/us?
- What do you find the hardest thing to do in the passage?
- 4:25 – How honest are you with friends, family, other church members?
- 4:26 – Are you good at resolving conflict or do you try to avoid it?
- 4:29 has two parts: which do you find easiest?
  - When was the last time someone said something encouraging to you?
  - How did it make you feel?

What could you practically do to change at work, with friends and family, and in church off the back of this passage?

What one thing do you need God to help you to change after today?

How can you keep each other accountable for these things when you next meet?

Share prayer requests and pray to finish.