

# CONVERSATION STARTERS

## SOUTHRIDGE COMMUNITY CHURCH

February 22, 2026

### EAT TOGETHER | *Showing up regularly to share life and build relationships*

1. How have you engaged in the season of lent in the past? Have you previously given something up as a way of spiritually preparing for Easter?

### PRAY TOGETHER | *Joining in on conversations of life and faith*

1. We encourage you to watch as a group, the message [recap](#) to review the big idea of the message. This will refresh our memories and result in richer conversations.  
*(The Big Idea: Following Jesus means giving up **self-centredness** in place of an **others-orientation** in order to gain the life of love Jesus calls us to.)*
2. What do you notice about the following verses as you read them:
  - a. Ephesians 4:1 – what does it mean to live a life worthy of our calling?
  - b. Ephesians 5:21 – what does it mean to mutually submit to one another out of reverence for Christ?
  - c. Philippians 2:3-8 – why are we called to humbly value others above ourselves and look to the interest of others?
3. What might Jesus be inviting you to give up this lent, give up for *love*?
4. As you reflect on your life and relationships, where do you notice self-centeredness? What might growth look like for you? How can you prioritize others more?
5. Share with your group one big idea that you learned or impacted you from this message, which you can hold onto this week? How might you put that into practice this week?

### LOVE TOGETHER | *Being real to care and make a difference*

1. How can we support each other in giving up our instinct toward self-centeredness to gain an others-orientation and grow in the love we truly desire?
2. Which of these stand out as a growth area for you? Awareness and Reflection, Spiritual Practices, Community, Picture What's Possible, Grace, not shame.

**Faith, hope, and love remain, these three, and the greatest of these is love.**

1 Corinthians 13:13