

# CONVERSATION STARTERS

## SOUTHRIDGE COMMUNITY CHURCH

March 8, 2026

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

1. We are offering a second round of our [Grief Education & Support Group](#) for those who have experienced the loss of a loved one. Encourage anyone in your group who may benefit from this to check out the [Southridge events page](#) and to consider registering.
2. When you were a child, was there another child in your life you decided you didn't want to be friends with anymore and told them so? How did that play out?

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

1. We encourage you to watch this week's message [recap](#) to review the big ideas of the message. This can help refresh our memories and inspire richer conversations.
2. Read [Ephesians 4:31-32](#) in a few versions to experience the different emphases.
  - a. How does practicing kindness, compassion, and forgiveness prevent us from holding grudges?
  - b. Why do you think we are often hesitant to do the necessary work required to give up a grudge?
3. It's been said that holding a grudge or unforgiveness is like "drinking poison and expecting the other person to die." What do you think about that? Can you relate to that sentiment?
4. Discuss how forgiveness and setting healthy boundaries are not a contradiction.
  - a. In what situations/relationships might setting healthy boundaries be the most loving thing you can do for yourself and the other person?
5. What's one thing you learned or that 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*

#### For personal contemplation this week:

1. Have you experienced holding a grudge towards someone? Tom mentioned that a grudge can be like an invasive weed that grows deep roots and permeates your life. Can you relate to that?
2. Is there someone you are holding a grudge against or have bitterness towards? What steps can you take this week to replace the grudge with kindness or compassion?