

CONVERSATION STARTERS

SOUTHRIDGE COMMUNITY CHURCH

March 1, 2026

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

1. If you are participating in the Lent devotional, what has stood out to you?
2. When you were a child or a teen, did you ever tell a lie to your parents?

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 ideas of the message. This will refresh our memories and result in richer conversations.
2. Read Ephesians 4:22-25 in a few different versions to experience the different perspectives.
3. Jeff's message was about the importance of telling truths. Why do you think we are often hesitant to tell the truth?
4. Of the 4 types of Falsehoods (1. Evade the truth, 2. Deny the truth, 3. Advocate half-truth, 4. Forget Jesus' Truth) which of these resonates most with you? Why?
5. How we see ourselves can impact how much truth about ourselves we are willing to reveal. How can seeing yourself through Jesus's eyes help you to deal with truth in a more honest or genuine way?
6. 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 practise this week?

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

For personal contemplation this week:

1. As you consider the close relationships in your life, what kinds of falsehoods are most impeding your experience of love?
2. Who can I reach out to (and who can my Life Group be praying for) to hear and share some truth to a greater degree, in order to experience and express a greater degree of love?