

# CONVERSATION STARTERS

## SOUTHRIDGE COMMUNITY CHURCH

March 15, 2026

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

1. As you journey through the season of lent, what are you noticing? What themes are emerging for you?
2. It's confession time – which reality shows have you watched? What was it about the show(s) that hooked you?

### 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 aloud with your group Ephesians 4:29 and James 3:4-6 and Proverbs 18:21.
  - a. Living in Niagara we see ships going by all the time. In James 3:4, the tongue is referred to as like the rudder of a large ship. How is this comparison relevant to the subject of gossip?
3. Why do you think we hear so little about the sin of gossip?
4. When have you had an experience where someone “gossiped” about you? How did it make you feel?
5. Annie offered 3 suggestions to avoid “unhealthy” talk. Which of these points do you need to grow in?
  - a. Offer correction directly and motivated by love.
  - b. Have conversations that build up people and purpose.
  - c. Speak words with intentionality; knowing their power (Read Proverbs 10:19).

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

#### For personal contemplation this week:

1. Ask the Holy Spirit to point out to you when and how you might be speaking in a manner that is not kind or supportive.
2. Ask a trusted friend if they observe you gossiping or talking too much.
3. Consider asking the Holy Spirit to bring to your mind someone you may have wounded with your words....and initiate a conversation of repair and healing.