THE GOOD LIFE | MIDDLE SCHOOL | PART 3

BIG IDEA

Strong friendships take kindness, honesty, and forgiveness.

MESSAGE OVERVIEW

A man named Paul wrote a letter to Christians living in a busy city called Ephesus. They heard lots of different ideas about what makes life good. Paul reminded them that following Jesus changes how we see ourselves, love others, treat people, and make choices. This month we will discover what that means for us at school, at home, and with friends.

BIBLE PASSAGES

> *Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. — Ephesians 4:31–32*

> *Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. — Ephesians 4:25*

> *Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs. — Ephesians 4:29*

QUESTION TO THINK ABOUT

Think about a disagreement you have had recently. How did it turn out?

DISCUSSION QUESTIONS

1. When you are upset with someone, what do you usually do: argue, shut down, walk away, or talk it out?
2. Ephesians 4:31–32 mentions anger, mean words, and holding grudges. Which one is hardest for you to avoid?
3. What does it look like to be kind even when you disagree with someone?
4. Why is it important to tell the truth without trying to hurt someone’s feelings?
5. What is the difference between forgiving someone and pretending what they did was okay? (You can forgive and still have safe boundaries.)
6. Is there a friendship or family relationship you could help improve this week? What is one safe, kind step you could take?

GROUP CHALLENGE

This week, try to encourage someone with your words. Keep reading Ephesians together.

PRAY TOGETHER

Dear God, thank You for forgiving us. Help us tell the truth kindly, say sorry when we are wrong, and forgive others. Give us wisdom to build healthy friendships and set safe boundaries. In Jesus’ name, amen.