



Red Flags

Red Flag Friends

Sermon Recap

Conversation Starters:

- Are you proactive at “addressing” red flags or do you tend to be “reactive” to them after the damage has already been done?
- Where do you find the greatest wisdom when it comes to identifying and responding to red flags?
- Do you search for and “respond” to the red flags in yourself, or do you tend to notice and “react” to the red flags in others?

Ask your group members to share their favorite points from the sermon, what stood out to them, a phrase or moment from the sermon they related to the most, or questions they have. If your members have a hard time remembering, share your notes and favorite points.

Reflect:

1.) Read [Proverbs 27:12](#) NIV: Pastor Jason said **Content Consumption** is no substitute for **Community**. Life change happens **Face to Face**, not **Facing Forward**. He also identified seven **Red Flags** pertaining to Friends:

- Friends who express hate for another believer
- Friends that gossip to you about their other friends
- Friends that refuse to apologize
- Relationships marked by conflict
- Friends who are jealous or view you as competition
- You feel worse not better after spending time with them
- Friends that don't build you up but pull you down ([1st Thessalonians 5:11](#) NIV)

Why does community trump content?

Why do you think people embrace isolation as a solution over community?

- Share your thoughts about community and connection over isolation and disassociation.
- Share a practical consequence for failing to address each of the seven Red Flags identified in others and ourselves.

2.) Pastor Jason shared four ways we can build one another up:

- By affirming each other's worth with: **Acceptance** [Romans 15:7](#) NIV, **Attention** [Galatians 6:10](#) NCV, **Affection** [Romans 12:10](#) NIV, and **Appreciation** [1st Thessalonians 5:12](#) NCV.
- By praying for each other's **Growth** [Colossians 4:12](#) NCV
- By Admitting our own **Mistakes** [Ephesians 4:25](#) NIV. (Promotes **Emotional Healing, A Fresh Start**, and **God's Promise of Help** - [James 5:16](#) NIV, [Proverbs 28:13](#) NIV, [James 4:10](#) NIV.)



Focus

The Focus of Love

Sermon Recap

- By Encouraging each other's **Commitment** [Romans 1:12](#) NCV.

Why do you think building others up is the truth we should be embracing to feel better about ourselves over tearing them down?

Apply It:

Some of the toughest looks in the mirror are the ones where we find ourselves standing in front of the mirror. It's so easy to see the faults of others and miss the faults that are so predominant in our own lives. God esteemed our needs above His own. He lifted us up in the depths of our sin. We are better because God poured into us. Be life for others by pouring life into them with affirmation, acceptance, attention, affection, and appreciation. In life we can tear people down or build them up. Choose to build people up then be intentional to look for opportunities to live it out.

Prayer Requests and Closing Prayer:

Ask your group members if they have a prayer request. Write them down and continue to pray for them during the week.

Father, growing in Your spirit is for our good. We can live a lifetime and still have more to learn. Surrendering to Your Word, trusting in Your promises, and sacrificing self to live Your way is life. Help us do for others what You have done for us. Help us value others as You value us, in Christ we pray, amen.