

## Group Discussion Questions

- **Affirmation** | “*Unstuck*”

A quick google search for the word affirmation may give you the definition, but what is interesting is that most of the other search results are related to self-affirmation. The current culture constantly tells us to focus on ourselves, but is that really helping people? Thankfully, Pastor Sawyer clarified how critical taking the time to affirm the people in our lives is to have healthy relationships. Additionally, we learned how easily we can get stuck when we focus too much on ourselves.

## GETTING TO KNOW YOU

1. If you lost your cell phone, how many of your contacts' numbers could you recall by memory?
2. We all like compliments, but they do tend to lack substance. Affirmations, on the other hand, tend to come from the heart. When we affirm someone, we let them know they are valued, and that requires that we pause to appreciate them. How would you describe the difference between a compliment and an affirmation?

## SERMON NOTES REVIEW

Looking back at your sermon notes from this weekend's teaching, was there anything said that caught your attention, challenged, or confused you?

## DIGGING DEEPER

1. We need to stay near the source! God's love for us is our much-needed affirmation. John used Abide twenty-four times in 1 John, six of those in verse four. John is so clear that the affirmation we all need does not originate with us. Only when we abide can we overflow God's love in our relationships. How do you define abiding? What are some ways we can ensure we overflow with God's love?
2. We all love a quick fix, we love to use apps, hacks, and shortcuts to get through issues quicker. But, in relationships, the bible is clear ([James 1:19 \(ESV\)](#)) that we need to slow down regarding our responses to others. Can you recall when someone took the time to affirm you right when you needed it?
3. When we need affirmation most, we are typically not at our best. When we encounter someone at a low point, it is easy to give them a quick fix, but does that help them or just serve our own purpose? How does [Philippians 2:3-4 \(ESV\)](#) help us to understand what can really give them help?

## TAKING IT HOME

- Pastor Sawyer challenged us to affirm three people this week. How are you doing with that challenge?
- Spend some time with God, pray through the challenges you face affirming others where they are at.

## PRAYER TIME

Close your group in prayer. Thank God for his unending love, and praise him for the affirmations he gives us daily. Ask God to let us see others the way He sees us so that we don't miss an opportunity to affirm others.

## ACTION ITEMS

- Spend some time with the following verses, really dig into them to discover the impact even a well-intentioned but poorly timed word can have on a person:
  - [1 Corinthians 13:1-7 \(ESV\)](#)
  - [Proverbs 18:21 \(ESV\)](#)
  - [Proverbs 15:4 \(ESV\)](#)
  - [Colossians 4:6 \(ESV\)](#)
  - [Ephesians 4:29 \(ESV\)](#)