



Sermon Discussion Guide

February 15, 2026

Use this discussion guide with your small group or by yourself, to dig into the text and theme of Sunday's message.

Key Point: Those who surround you, impact you.

Life Sharing: (answer one)

1. Do you have a favorite light in your house or apartment? Why is it your favorite?
2. How have your music preferences changed over time?

Transition / Open in prayer

3. Tell us a story about a time you helped a friend make it through a difficult time.

Life Examination:

READ Ephesians 5:8-21

4. What does it mean to live as a child of the light?

5. According to this passage, how do light and dark interact? What does that mean for those who are following Jesus?
6. Verse 14 is an ancient hymn. What are some ways a person can fall asleep spiritually? How can we help each other wake up?
7. What does it mean to "submit to one another"?

READ Mark 2:1-5

8. What does this story tell us about the paralyzed man?
9. How did the faith of his friends impact the outcome?

Life Application:

10. What are some "deeds of darkness that need to be exposed in our community?
11. When it comes to time management, where do you need wisdom and new patterns?
12. How do we help each other grow in faith, according to the Ephesians 5 passage?
13. Describe a time you needed your friends to "carry" you.
14. What are the barriers that keep us from developing deep, spiritual friendships?

Life Prayers: Pray for one another and ask God to help you grow in your ability to love one another.