

WEST RIDGE GROUPS

Group Member Discussion Guide

Week of August 17, 2025

CHECK-IN (~20 minutes)

How was your week? What was the high part of your week? What was the low part of your week? What can we celebrate together?

MESSAGE SUMMARY

This week, Pastor Brian continued our *Mind Field* teaching series with his message, “Defusing the Landmine of Bitterness.” He taught that bitterness begins with hurt, grows through unresolved anger, and ultimately poisons the heart, our relationships, and faith. Left unchecked, bitterness can obstruct our worship, enslave us in resentment, destroy unity, and damage our Christian witness. Pretending it doesn’t exist only deepens its hold, but God’s grace offers the strength to uproot bitterness through confession, forgiveness, and dependence on His power. True freedom comes when we release offenses to God, forgive others, and continue in grace until our hearts are healed.

GROUP DISCUSSION (~50 minutes)

1. Thinking back to the message this week, was there anything that challenged you personally? Share your thoughts with the group.

2. Read Ephesians 4:26–27

Where do you see the early signs of bitterness in your life, and why is it important to address them quickly?

3. Read Matthew 5:23–24

How does bitterness obstruct our worship and relationship with God?

4. Read Acts 8:23

Why is forgiveness more about freedom for the forgiver than for the offender?

5. Read Ephesians 4:32

What steps can you take this week to release bitterness and walk in God’s grace?

WRAP-UP (~10 minutes)

It is important to be growing in our relationship with Jesus and one another - what is one next step you can take this week to grow? Share with the group and commit to holding one another accountable.

What does it look like to hold each other accountable? It can be as simple as a text or phone call during the week. Hebrews 10:25 encourages us to meet regularly and to encourage one another on a regular basis.

Example: "Hey _____, you indicated in group this week that you were struggling at work with being light in a dark place. You said that your next step was to start a conversation with someone at work this week around the topic of faith. How did that go?"

PERSONAL NOTES

This week, my next step is:

This week I am going to check in on (name):

This week, my Bible reading will be (e.g. Philippians chapters 1-4):