



# Life Groups: When People Rub You The Wrong Way

[Colossians 3:12-17]

**Recap:** Just over a week ago was Pentecost Sunday:

- what do you remember from the message that morning?
  - **Illustration:** balloon being inflated and let go - what points were made?
  - **Title:** Power + Presence = Transformation
  - **Gifts of the Spirit:**
    - **1 Corinthians 12:8-11** - wisdom, knowledge, faith, healing, miraculous powers, prophecy, distinguishing between spirits, speaking in tongues, interpreting tongues
    - immediate - given in an instant (but may need to grow into their use)
  - **Fruit of the Spirit:**
    - **Galatians 5:22-23** - Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness & self-control
    - grow & develop over time
  - **Ongoing:**
    - **Ephesians 5:18** “Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit”
      - present continuous tense - “be being filled” with the Spirit
  - **Invitation:**
    - Luke 11 - Lord’s prayer / ask seek knock
      - **Luke 11:13** “if even you know how to give good gifts to your children, how much more will your Father in heaven give the

## Holy Spirit to those who ask Him?"

### Link:

What similarities are there between the fruits & gifts of the Spirit, and the list of “good things” we’re told to clothe ourselves with Colossians 3:12?

It became clear on Sunday morning as we explored the qualities Paul talks about in this passage which help us to respond well in difficult circumstances, that some of them are attitudes and some are actions. And that some are both

Which comes first, attitude or action?

- which is the quickest to develop
- which is the easier to choose?

Statements: [agree/disagree?]

- attitudes change/develop/transform over time as the Spirit bears fruit in us
- actions are (or should be) our gift to those around us

As we think situations where “**people rub us up the wrong way**”, what’s the difference between reacting and responding?

Is love an action or an attitude?

- or is it both?

Paul said to put on love over all the other virtues and that love holds everything else together.

- can you see how that might be the case?
- has that been your experience?

**“Love is the soil in which all other virtues/attitudes/actions grow”**

- discuss / agree or disagree? and why?

It has been said that **compassion** is kinder and healthier than empathy:

- when we feel others' pain (empathy), we often get overwhelmed and withdraw
- when we feel concern for their pain, we reach out and help

The point of compassion isn't to share their feelings, it's to care enough about their feelings and act

An attitude of compassion leads to action...

Which part of this week's passage do you find most challenging?

**Blessing:**

**“15** Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. **16** Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. **17** And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.”