

Growth Group Discussion Q's

March 22, 2026

- **Fun Discussion Starter:** If you could immediately master any skill, what would it be?

Navigating Conflict

Conflict is Unavoidable: The goal is not Elimination but Navigation

Eliminating conflict to maintain unity in the body of Christ is a tempting aspiration, except that it is an impossible goal. Rather, to uphold unity, we must instead focus on navigating conflict in a healthy and loving way.

Paul gives us three principles in Colossians 3:13-14 to guide us in this endeavor:

1. Bear with One Another

Colossians 3:13 (NIV) — 13 Bear with each other ... if any of you has a grievance against someone.

Grievances or complaints (ESV) against another are inevitable. We all are in the process of becoming like Christ. This means that there are rough edges and sinful patterns that are still present as we learn to let Christ rule in our hearts. Bearing with one another describes our commitment to “continue forward together” and demonstrate a willingness to move toward repair whenever there has been a disruption of our unity.

- How is having an expectation of inevitable conflict helpful as we work together?
- Can you think of ways God uses such conflicts as a part of our maturing?
- Why is a commitment to “bear with each other” important in maintaining unity?

2. Forgive One Another

Colossians 3:13 (NIV) — 13 ... forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.

Forgiveness is a way for the offended party to release the emotional debt and resentment toward an offender so that one can move forward and not feel stuck. It acknowledges the significance of the hurt but releases it so one can heal.

- What does it actually mean to forgive someone?
- How does the forgiveness you have received from God guide how you forgive others?
- Can you forgive someone without reconciling or restoring the relationship?
- Is forgiveness a one-time event or a process?
- What is the hardest part about forgiving someone who has wronged you?
- Have you ever felt truly set free by forgiving someone?

3. Love One Another

Colossians 3:14 (NIV) — 14 And over all these virtues put on love, which binds them all together in perfect unity.

Love reflects the heart of God within us to act toward one another “with compassion, kindness, humility, gentleness and patience” (Col 3:12).

- How are these virtues characteristic of God’s heart toward us?
- Can you act in love toward someone who hurt you while also attending to your own painful emotions?
- How do you set healthy boundaries with a person you are trying to love?
- How does God help us love others in their imperfections?