

# Made for More: Small Group Guide

## Week 2: Speak Honestly

January 18, 2026

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### Opening Prayer & Icebreaker

**Icebreaker Question:** Share a time when someone's honesty with you (delivered with kindness) actually strengthened your relationship with them. What made that conversation effective?

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### Key Sermon Points

- **Main Idea:** Speaking honestly is essential for healthy relationships, but it must be done with wisdom, timing, and respect for the person.
  - **Core Truth:** Trust and truth are directly connected. Keeping peace at all costs may actually cost you more than peace.
  - **Foundation:** Our identity in Christ gives us the security to both speak and receive truth with humility.
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### Discussion Questions

#### Part 1: Speaking Truth to Yourself

##### Read Psalm 139:23-24

1. Why is speaking truth to ourselves often the hardest part of honest communication? What prevents us from having this kind of self-awareness?
2. The pastor mentioned "anxious heart and offensive living." If you were to make that list privately, what patterns or tendencies would you need to acknowledge about yourself?
3. How does our identity in Christ help us face uncomfortable truths about ourselves without shame or defensiveness?

#### Part 2: Saying It When It's Hard

##### Read Ephesians 4:15, 25

4. The sermon contrasted "blasting" versus "burying" the truth. Which tendency are you more prone to, and why?
5. Discuss this statement: "We are already speaking the hard stuff. The question is, who are you speaking it to?" How does gossip or triangulation (talking to others instead of the person) damage relationships?
6. What fears typically hold you back from speaking directly to someone about a difficult issue? How can your group pray for or support you in this?

### Part 3: Time and Expression

#### Read Proverbs 15:1 and Ephesians 4:26

7. Why does the way we say something matter as much as what we say? Share an example of when tone or timing made a significant difference in a conversation.
8. What practical strategies can help us speak truth "with a gentle spirit and humble heart" rather than defensively or harshly?
9. Discuss the balance between "not letting the sun go down on your anger" and recognizing when it's not the right time to have a conversation (like after 10 PM!). How do we find that balance?

### Part 4: See the Person, Solve the Problem

#### Read Ephesians 4:29, 32

10. What's the difference between "seeing the problem and trying to solve the person" versus "seeing the person and solving the problem"? Can you give examples?
11. How does remembering that our adversary is the devil (not the other person) and our advocate is the Holy Spirit change our approach to difficult conversations?

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### Key Takeaways

Have different group members read these aloud:

- **Speak truth to yourself first** - Ask God to search your heart and reveal areas where you need to grow in honesty and self-awareness.
- **Speak directly to the person involved** - Resist the temptation to talk to others about someone rather than to them.
- **Watch your timing and tone** - Speak with gentleness, humility, and at appropriate times, but don't delay indefinitely.
- **Honor the person while addressing the problem** - Remember their value as God's child even while discussing difficult issues.
- **Rely on the Holy Spirit** - He is the Spirit of truth who will guide you in speaking and receiving truth.

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### Practical Application (15 minutes)

#### Personal Reflection Questions:

Take 3-5 minutes of silence for individual reflection:

1. Is there someone I need to speak honestly with this week?
2. What have I been avoiding saying that needs to be said?
3. Is there someone I've been talking *about* rather than talking *to*?
4. What truth about myself do I need to acknowledge before God?

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## Closing Prayer Time

### Prayer Focus Areas:

1. **Confession** - Acknowledge patterns of dishonesty, avoidance, gossip, or harsh communication
2. **Courage** - Ask for Holy Spirit strength to have hard conversations with grace
3. **Humility** - Pray for ability to receive truth from others without defensiveness
4. **Restoration** - Lift up specific relationships that need honest communication and healing

**Pair up or stay as a whole group to pray for one another.**

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