

Week 1

What's something small that has turned into a way bigger deal than it needed to be?

When someone hurts or annoys you, what is your *natural* reaction? Why do you think that's your go-to response?

Why do you think getting even can feel so satisfying in the moment — even when we know it usually makes things worse?

Have you ever seen a situation get worse because no one chose to stop the cycle?

Read Matthew 5:39

What do you think Jesus is really getting at here? What part of this feels hardest to live out?

How does knowing that Jesus responded to us with love change the way we think about responding to others?

Is there someone in your life right now that you feel tempted to "get even" with? What would choosing love instead of hate look like in that situation?

What is one small, practical step you could take this week to stop a cycle instead of continuing it?