

Christ Community Community Group Guide

Series/ Week: Holiday Hope: Self Awareness

Connect: Have each person share the first word that comes to mind when they think of the Holiday season.

Reflect: What's your toxic trait?

A personal toxic trait is a repeated habit, attitude, or coping mechanism that continuously harms your relationships, undermines your well-being, or sabotages your personal growth—often without you realizing you are doing it.

Read: Psalm 139:23-24,

Study:

1. Spiritual Health: The Foundation of Life

- A. How often do I ask God to examine my life?
- B. Do I ever ask others how they experience me?
- C. How often do I allow Scripture to examine my heart?

2. What is the role of the Word of God in my life? Read Hebrews 4:12-13

3. Emotional Health: The Inner Life Read Proverbs 4:23-25

- A. When I face setbacks or high-stress situations, does my default reaction come from peace, or do I quickly default to anger and frustration?
- B. Am I emotionally present and patient with people, or do they get the exhausted, leftover version of me?

- C. Do I have a clear plan on how I will care for myself in diet, rest, and schedule?
- D. Do you ever ask others how they experience you?

Apply: So what do I do?

Psalm 139:23-24 Outlines How

Search me, God, and know my heart; test me and know my anxious thoughts.
24 See if there is any offensive way in me, and lead me in the way everlasting.

1. Invite: Search me, O God
2. Discern: With The Holy Spirit and others
3. Surrender: Confess it to God and turn it over
4. Follow: Yield to the Holy Spirit Gal 5:22-23

Who will you ask to hold you accountable in these things?