



LifeGroup Discussion Packet

What Your Life Is Teaching

Series: Relationship Reset

Ephesians 6:1-4

June 6-7, 2026

LifeGroup Discussion Guide

June 6-7, 2026

Main Idea:

Your life is always teaching something. The patterns we live, the honor we show, the grace we give, and the way we follow Jesus can shape the people around us.

Key Verse:

“Children, obey your parents in the Lord, for this is right. ‘Honor your father and mother’... Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord.” Ephesians 6:1-4 (ESV)

Warm-Up Question:

Who is someone whose life taught you something important, not just by what they said, but by how they lived?

Discussion Questions

This week’s discussion may touch on family patterns, parenting, past hurts, or spiritual influence, so give each other grace as you share.

1. The message opened with the idea that every person is being shaped by somebody, and every person is shaping somebody. Where do you see the power of influence most clearly in your life right now?
2. Ephesians 6 begins with children being called to obey their parents “in the Lord.” What does this passage teach us about how faith is learned in the context of relationships?
3. The message reminded us that “the patterns we live often become the patterns they learn.” What are some healthy patterns you have received from others? What are some unhealthy patterns God may want to reset?
4. Deuteronomy 6 teaches that faith was never meant to be only a weekend event, but the atmosphere of daily life. What would it look like for your home, friendships, or workplace to have a more faith-filled atmosphere?

5. Ephesians 6 moves from obedience to honor. Why do you think honor is so important in families, churches, and relationships? How can we show honor without pretending people are perfect?

6. The message contrasted grace and pressure. What are some ways people can unintentionally create pressure in relationships? What does it look like to create an atmosphere of grace without removing healthy boundaries?

7. Paul told Timothy to “set the believers an example in speech, in conduct, in love, in faith, in purity.” Where is God calling you to “pattern it,” not just talk about it?

Going Deeper

Be sure to allow the group members time to discuss and consider the following Going Deeper questions. This is where practical application can come alive.

The message asked four Relationship Reset questions

1. What pattern am I passing on?
2. What is my life teaching about honor?
3. Is my life creating an atmosphere of grace or pressure?
4. Is my life making Jesus easier to see?

Which of those questions challenges you the most right now, and why?

Next Step

This week, ask God to show you one pattern that needs to be reset. It may be the way you speak, the way you respond under pressure, the way you handle conflict, the way you show honor, or the way you practice your faith when no one is watching.

Choose one specific step of obedience. Have one honest conversation. Offer one sincere apology. Speak one word of encouragement. Show honor in one place where it has been missing. Replace pressure with grace in one relationship.

Your life is teaching. Let it point people toward Jesus.