

SEARCHING FOR... *validation*

DISCUSSION QUESTIONS

Opening Question

How much time do you spend on your phone or social media daily?
What are you typically looking for when scrolling?

Key Takeaways

- 1.) We often seek validation from others to justify our beliefs or actions, even when they may be wrong.
- 2.) True love involves speaking the truth, even when it's difficult.
- 3.) Surrounding ourselves with people who only validate our feelings without challenging us can be dangerous.
- 4.) We should seek relationships that help us grow and become better, not just feel better.

Discussion Questions

- 1.) How do you think social media has affected our search for validation? What are the potential dangers?
- 2.) PZ mentioned that "validation may bring momentary comfort, but it runs the risk of eternal suffering if the wrong voices are given a platform to speak into our lives." What does this mean to you?
- 3.) Discuss the story of the paralyzed man (Luke 5:17-26). How did his friends demonstrate true friendship? How can we be that kind of friend to others?
- 4.) How can we discern between people who genuinely want to help us grow and those who might enable harmful behaviors or beliefs?
- 5.) The sermon suggests that we have an innate desire to feel validated because we're made in God's image. How can we redirect this desire towards seeking validation from God rather than others?
- 6.) Reflect on a time when someone spoke truth to you in love. How did it impact you?

SEARCHING FOR... *validation*

DISCUSSION QUESTIONS

Practical Applications

- 1.) This week, identify three people who have positively influenced your life by speaking truth in love. Pray for them daily and reach out to thank them for their impact.
- 2.) Examine your own friendships. Are you the type of friend who gives validation based on feelings, or do you speak truth in love? Choose one relationship where you can practice speaking truth in love this week.
- 3.) Set a goal to reduce your social media usage by a specific amount this week. Use that time to engage in face-to-face conversations or personal reflection.
- 4.) Write down one area of your life where you might be seeking validation from the wrong sources. Pray and ask God to help you seek His validation in this area instead.

Closing Prayer

Lord, help us to seek validation from You above all else. Give us the courage to speak truth in love to others and the humility to receive it. Guide us in building relationships that encourage growth and reflect Your love. Amen.