

# TALK IT OVER

February 1, 2026

**Review this week's message.**

**Key Scripture:** [1 Corinthians 13:4–5](#), [John 13:34–35](#), [1 Corinthians 13:13](#)

**Start talking. Get the conversation rolling.**

- When you were growing up, what was one message you picked up about love—from family, movies, or culture?

**Start sharing. Be open with your group.**

- What stood out to you the most from this week's message?
- Why do you think we're drawn to the idea of "falling in love" instead of *growing* in love?
- The message talked about how love can wound us, not just disappoint us. How have past experiences shaped the way you approach love or relationships today?
- Attraction asks, "*How do you make me feel?*" Commitment asks, "*Who are we becoming together?*" How does that shift the way you think about your closest relationships?
- The illustration compared attraction to a spark and commitment to a fire. What does "feeding the fire" look like in real, everyday life—not just big moments?
- The message mentioned that unhealthy growth can happen when alignment is off. What are some ways spiritual growth can become unhealthy or distorted?
- Are there any relationships—past or present—where God might be inviting you to rebuild on a stronger foundation rather than walk away?

**Start praying. Be bold and pray with power.**

- Pray for God to redefine your understanding of love and to heal any places where past relationships have shaped your expectations in unhealthy ways. Ask Him to help you receive His love more deeply so you can give it more freely.

**Start doing. Commit to a step and live it out this week.**

- This week, choose one relationship and intentionally show love through patience, kindness, or humility—especially when it would be easier not to. Don't wait to feel it; choose to live it.