

Discussion Guide for Travel Light Series

Notes to leaders:

- This is a series of videos produced for LG discussion. Each video is approximately 20-30 min and we have provided a list of questions as a guide for you to lead your group in discussion after viewing the videos.
- You may decide on the number of videos to watch at one sitting, depending on the context of your LG. However, do leave sufficient time for the group to reflect and discuss the questions.
- Depending on the condition of your flock, you may want to tweak the questions, or consider discussing some of the questions before viewing the videos. As usual, to get the most out of every discussion, you should have watched the video before showing it to the rest of your group.
- The questions are designed to elicit personal reflections on the videos. If a member chooses to be general in his/her sharing, you may wish to probe deeper for him/her to reflect how the response matters to him/her personally.
- You may also wish to plan to conclude the discussion with an encouragement or a call to practical action, after rounding up the various points your members bring up.
- If there're underlying issues (such as mental health issues or complicated family past) that you find it difficult to help your member, and if you are not a trained professional, you may wish to encourage the member to speak to your immediate higher leader or seek professional help. You can also seek your member's permission for you to approach our People-helping ministry for more advice on such matters.

Overview of Travel Light Series

Lesson 1: Managing Anger		
Video 1	What is Anger	20 mins
Video 2	How to Manage Our Anger	21 mins
Lesson 2: Walking Out of Bitterness		
Video 1	Aspects of Bitterness	18 mins
Video 2	Reasons for Forgiveness	18 mins
Video 3	What Does it Mean to Forgive?	17 mins
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Lesson 3: Keeping Pride in Check		
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Lesson 1: Managing Anger

Video 1: What is Anger?

Discussion Questions	Note to Leaders
1. How has anger impacted you or those around you negatively? You can share about the effects of your anger or the effects of someone else's anger on you.	This question aims to allow LG members to share personal experiences on the damaging effects on anger on themselves and others. Discussion leader can round up by sharing why it is so important to manage our anger as a Christ-following disciple.
2. Reflect on the times you got angry. What are the common triggers? What are the underlying unmet emotional needs that lead you to anger?	Get LG members to be aware of their triggers and to reflect on the underlying unmet needs that may lead them to be angry.

Video 2: How to Manage our Anger?

Discussion Questions	Note to Leaders
1. How do you usually deal with your anger? Share some of the actions you have tried and the reasons why they were successful or unsuccessful.	LG members can learn from one another's personal experiences in how they deal with anger. Insights can be gained from the successes or mistakes made.
2. The video talks about three ways to manage our anger: self control, self reflection and self adjustment. Which of the three ways do you need to apply in your life? Why? How do you think you can do so?	This question seeks to get LG members to reflect on how they can practically apply the principles of managing anger in their own life. Discussion leader can facilitate sharing by getting LG members to apply the principles in specific scenarios they are likely to face in their lives.

Lesson 2: Walking Out of Bitterness

Video 1: Aspects of Bitterness

Discussion Questions	Note to Leaders
1. Why is it important to recognize and address bitterness in our hearts? How do you think bitterness can affect your relationship with God?	This question aims to help LG members recognize the dangers of bitterness and the importance of dealing with it, as challenging as it may be. Discussion leader can encourage members to share from personal experience, if any.
2. Share a personal experience on how you personally struggled to forgive someone. What made it so difficult for you to forgive? If you eventually managed to forgive, how did you do it?	This question brings the discussion to a more personal and vulnerable level. It aims to help LG members recognize they are not alone in their struggles and to encourage one another to desire to walk out of bitterness. Discussion leader can lead members to pray for one another, especially for those who are still emotionally struggling in this.

Video 2: Reasons for Forgiveness

Discussion Questions	Note to Leaders
1. We forgive because God has first forgiven us. Think back on the times God forgave you. Share one thing you are grateful for God's forgiveness in.	This question helps LG members recall God's grace and forgiveness for their sin. It helps them to recognize their own fallenness and be grateful for what Christ had done for them.
2. In the video, it mentions that we can forgive because we can trust God to vindicate us. However, justice may not be served at our preferred timing or ways. What does it truly mean to surrender and trust in God's justice?	This question aims to help LG members see that trusting God to vindicate us means that we do not take things into our own hands. Rather, we fully surrender and entrust the situation to God who is the ultimate judge and will exact justice in His time.
3. How can forgiving someone bring glory to God? Can you share a story from your life or the lives of others where forgiveness led to God being glorified?	This question seeks to help LG members see that our willingness to forgive can serve as a witness to the transformative power of Christ in our lives. Forgiveness does not only benefit us, but can be a means for others to encounter Christ.

Video 3: What Does it Mean to Forgive?

Discussion Questions	Note to Leaders
1. Forgiveness is a decision, not a feeling. What does this mean? How does this change the way we view forgiveness?	This question aims to clear up misunderstanding that one can only forgive when one no longer feels hurt, pain or negatively about the offender. These feelings may linger on and it takes time for God to heal our hearts. But forgiveness is a matter of the will that seeks to obey and honour God, above how we may feel.
2. Reflect on the 5 points on what it means to forgive. How have these insights about forgiveness transformed your perspective? Forgiveness is: • A decision – not feeling • Costly – doesn't erase the pain • Undeserved – can never be earned • Closure – keeps no records • Total – has no conditions	This question opens up the discussion for LG members to share what they have learned about forgiveness and how it has impacted their views on it.

Video 4: How to Forgive?

Discussion Questions	Note to Leaders
1. Do you have the tendency to downplay or ignore offences, especially when it may be uncomfortable to confront the issues? Why do you think you do so? Why is it important to acknowledge offences?	This question aims to help LG members see the importance of acknowledging offences, especially for those with a tendency to “sweep things under the carpet” or pretend everything is okay. Underlying motivations could be discussed: desire to maintain peace and harmony, fear of speaking up, insecurity etc. Discussion leader can help members see that God desires for us to bring our burdens and hurts to Him. Growing in Christ-likeness also includes having the courage to face our issues and bringing them to God in faith.
2. Our ability to let go of bitterness does not depend on whether reconciliation happens or not. In cases where reconciliation seems impossible, we can still do our part to walk out of bitterness. How does	This question dispels the popular belief that reconciliation must happen before we can let go of our bitterness. In reality, reconciliation may not always happen as it is not always dependent only on ourselves.

this perspective challenge or empower you?	Discussion leader can point out how such a perspective can free us to choose forgiveness, even if reconciliation seems impossible.
3. Is there someone in your life that you need to choose to forgive to walk out of bitterness? Ask God to help you and find support from your LG members to do so.	As this can be a vulnerable question, discussion leader can exercise wisdom on how to facilitate such a question. Discussion leader can possibly do this in smaller pairs or put LG members in smaller groups they are more comfortable to share to.

Lesson 3: Keeping Pride in Check

Video 1: Signs of Pride

Discussion Questions	Note to Leaders
1. When we think about pride, we tend to think about others, instead of ourselves. Why is that the case?	This opening question helps LG members see that we often do not recognize the pride in ourselves. Proud people usually do not admit that they are proud.
2. The video discussed three signs of pride. Which do you think reflects you the most? Why? • Keeping up appearances • Explaining own failures • Having attitude of superiority	This question gets LG members to think about how pride manifests in their own lives. We may not realise that such actions reflect a prideful heart.

Video 2: Reasons Against Pride

Discussion Questions	Note to Leaders
1. Share a personal experience when you observed the destructive impact of pride in your life or the lives of others. How did this experience shape your understanding of the dangers of pride?	This question allows LG members to share personal experiences on the destructive impacts of pride. Through hearing real life stories, LG members can be motivated to guard themselves against pride.
2. Why is self glorification and self worship so dangerous for our relationship with God and others?	This question aims to help LG members reflect about how pride impacts our personal relationship with God and others. Discussion leader can emphasize that there is no place for pride as a follower of Christ.

Video 3: Keeping Pride in Check

Discussion Questions	Note to Leaders
1. To keep pride in check, we need to acknowledge who God is and who we really are. How do I view myself in relation to God? How would you complete the sentence below? God is _____ hence I am _____.	This question gets LG members to reflect about how they see God and themselves. Through this reflection exercise, some LG members may realise that they have some wrong perceptions towards God and themselves because of their pride.
2. Read and reflect on Philippians 2:5-8. How can we practically	Here, LG members look at the life of Jesus and reflect on how we can be more like

emulate Jesus' humility, especially in a culture that often encourages self promotion and achievement?	Him. Beyond reflecting about it, LG members should think about how they can reflect Jesus' humility in their unique circumstances. Discussion leader can draw attention to Jesus' life of servanthood and humility, despite his status as the Son of God.
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Video 4: Practical Applications

Discussion Questions	Note to Leaders
1. Reflect on your journey in keeping pride in check. What are the areas you have experienced breakthrough in? What aspects do you still need to ask God to transform you in?	This question helps LG members to see that growing in humility is a journey for everyone. We are all at different stages of our journey, but there is always room for growth.
2. The video highlighted five ways in which we can keep our pride in check. Which one is most applicable for you and what can you do to apply it? ● Posture: Submit to one another ● Actions: Serve one another ● Decisions: Seek for counsel ● Speech: Honour others ● Wrongs: Admit faults to one another	This question aims to get LG members to apply the lesson practically. Discussion leader should facilitate the discussion and ensure that LG members are sharing their action points in a specific, rather than general way. Discussion leader can also lead LG members to think of ways they can support one another.