

DISCUSSION GUIDE

5 WAYS TO RUIN YOUR LIFE

1 Peter — WEEK 5

ICEBREAKER: If you could hang a motto in every home, what would it say?

OVERVIEW: Making a life is like baking a cake. If you put in the right ingredients, you make a great life. But if you put in the wrong ingredients, you can ruin your life. That means that if you are miserable and don't like your life, then you've been putting in the wrong ingredients. But the good news is that if you will simply stop putting in the wrong ingredients and start putting in the right ingredients, you can build a wonderful life for yourself. Today we will take a deeper look at five ingredients to avoid — five sins that can ruin your life.

1. **Read 1 Peter 2:1.** What insight, principle, or observation from this weekend's message did you find to be the most helpful, eye-opening, or troubling? Explain. (Or what was your key takeaway from Sunday's message?)
2. The sermon discussed five ingredients that will ruin your life. What are some ingredients that are necessary for a good life?
3. The five sins mentioned in the sermon are malice, deceit, hypocrisy, envy, and slander. Not including these, which sins have caused the most destruction in your own life, and in the lives of people you love?
4. The first way to ruin your life is malice — the desire or intent to harm someone. Have you ever wanted to hurt someone before? Explain. How did the situation play out?
5. Usually malice is caused by the desire for revenge. How does the Bible want us to treat those who hurt us (see Romans 12:19; Proverbs 24:17-18; Matthew 5:44; Romans 12:20)?

6. The second way to ruin your life is deceit — intentionally leading others to believe something that you know is not true. Have you ever been lied to? Explain. How did it make you feel?
7. Why is it so hard to be honest all of the time? How can a person grow in honesty?
8. The third way to ruin your life is hypocrisy — pretending to have moral and spiritual standards that you know you don't have. How can hypocrisy ruin your life?
9. What is the antidote to hypocrisy?
10. A fourth way to ruin your life is envy — to be unhappy, angry, and unfriendly to someone who has something that you want. The antidote to envy is contentment. What is contentment, and how can you cultivate it in your life?
11. The last way to ruin your life is slander — talking bad about someone who is not present. Since slander is against God's will, what should we do with our emotional pain when someone frustrates or hurts us?

The Last Word: "Every Sunday is like Halloween for a lot of Christians; we get dressed up and pretend to be something we're not."