

BIBLE STUDY DISCUSSION GUIDE

Hold Fast Always

February 23, 2025



1. **Opening Prayer.** Ask God to open hearts and minds to His Word, to guide the discussion, and to bring healing and hope to marriages and relationships.
2. **Icebreaker:** “Memory Lane.” Ask each person to think of a significant or joyful moment in their relationship and share how this memory has positively impacted them.

Ask the group: What common themes or values did you notice in the stories shared?
3. **Introduction** (5 minutes). Briefly summarize the sermon’s key points and highlight the story of the paralytic and friends as an example of faith, perseverance, and the power of Jesus to heal.
4. **Scripture Reading** (5 minutes). Read aloud.
 - Luke 5:17-25; Ecclesiastes 4:9-12; 1 Corinthians 13:7
5. **Discussion Questions** (40 minutes).
 - a. How does the “holding fast” concept apply to our relationships today?
 - b. In Luke 5:17-25, what role did the friends’ faith play in the paralytic’s healing?
 - c. How can we apply the perseverance of these friends to our marriages or relationships?
 - d. How does Matthew 18:15 guide us in resolving conflicts within marriage?
 - e. Reflect on 1 John 4:18. Why is it often challenging to take the first step toward reconciliation in a marriage,

and how can love help overcome fear in these situations?

- f. How can we move from a “What-If” to an “Even-If” mindset in our relationships?
 - g. Why is it important for couples to pray together? (Reflect on Psalm 127:1 and Ecclesiastes 4:9-12)
 - h. What practical steps can couples take to incorporate prayer into their daily lives?
 - i. How does 1 Corinthians 13:7 describe the nature of love in a committed relationship?
 - j. What are some ways to maintain hope and commitment in marriage over the long haul?
6. **Closing Reflection.**
- a. Invite people to share one insight or commitment they are taking away from the session.
 - b. This week, encourage them to consider and implement one practical step to strengthen their marriage or relationships.
7. **Closing Prayer.** Ask God to bless the marriages and relationships represented in the group, to provide strength and perseverance, and to fill each person with hope and love.

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