



## JUST DON'T DO IT (TO ONE ANOTHER): WEEK 14

This is it ladies! Our last week together. (I'm sad ...) Instead of looking at one more one another, we are going to look at a few "Do **Not** do to one another" topics. Last year at our ladies **One Another** retreat, we had one session that was called "Just Don't!" I loved it because as much as we are to be intentional in practicing what we are called to DO and for one another, we need to be equally as intentional in NOT doing some things. If our goal is to love one another, creating a unity in the body of Christ, doing certain things disrupts the harmony as well ... thus, the **DO NOT DOs** are pretty important!

I chose an interesting one for our memory verse. It doesn't say to do or not do something specific but grabs the essence of this principle. It's called the Golden Rule and is found in Luke 6:31 and Matthew 7:12. Jesus said, "And just as you want men to do to you, you also do to them likewise." Amen to that!

1. Let's start with things that have to do with words. Read Colossians 3:5-17. First, contrast the behavior of the old man with the new man. Did you find the "do not do" to one another? Why is that one a characteristic of the old man? Read John 8:44.

2. Seems pretty obvious, but why does lying disrupt unity and harmony in the body of Christ? How does it harm the testimony of Christ?
3. What about “white” lies or lies that we tell to “protect” ourselves or others, or lies that don’t really seem to matter much?
4. I was listening to a commercial for a new sitcom coming out and the dad said, “Lying is what parents have to do sometimes to build trust.” Obviously, it’s a comedy, but what do you think they meant? (I know, random question.)
5. Read James 4:11. What’s another do not? Is this something you do, or have done? What if it’s true?
6. Read James 5:9. After listing the do not do, write what you think it means. How does it relate to the verse above?

7. What about Galatians 5:13-15. What's the do not do to one another? What does that one mean? Can you give examples of that one?
8. So ... have you ever been bitten and devoured by someone? Maybe felt like you were being eaten alive? How did you react? What did you do? Did the experience leave any lasting trauma?
9. Now let me ask this. Have you ever been the one who did the biting? Perhaps out of anger, fear, or pain, you lashed out and just ripped someone up one side and down the other, as they say? Have you ever asked for forgiveness for it, whether or not you felt like they deserved it? It's not too late ...
10. How did Jesus handle it when He was devoured? Read Isaiah 53:1-7, and 1 Peter 2:21-25. Also read Paul's words in Romans 12:17-21. Can you share any other verses that apply?

- 11.** It's really common for people to refuse to go back to church after they have been the recipient of something like this. How would you counsel someone if they shared that type of experience with you, while, at the same time, not belittling their pain or experience?
- 12.** What does James say about our words and our tongues in James 3:1-12? I know this is a very common section of Scripture that can be overused or overquoted, but it is sooooo important. Do you ever struggle with your tongue? How so? Do you ever curse men while praising God? Ponder this for a bit .....
- 13.** Read Ephesians 4:21-32. List all the things that pertain to your tongue and your words.
- 14.** In Ephesians 4:25, Paul said to speak truth with his neighbor. Obviously, that's a good use of your words, as long as it's done in love. What are some other "positive" things you can do with your words?

**15.** Think of someone you know who is really good at using their words wisely. What made you think of them? What made them stand out to you?

**16.** How do you use your words in your home? Are you careful, or do you remove your filter when you get home? Any changes you need to make? How can choosing your words carefully help you avoid sounding dismissive, judgmental, argumentative, or insensitive?

**17.** Read Hebrews 11:24-25. What do these verses say NOT to do? Why?

We did a lesson on verse 24, which was about stirring up one another to love and good works. Verse 25 reminds us that this is done in community, and Paul is pretty clear on the importance of gathering together.

**18.** What does Paul say should happen as we meet together?

The Greek word for assembling is “episynagoge” which suggests an official meeting. Paul reminds them that in the last days, they can encourage, exhort, and strengthen each other.

19. Many say there is “divine protection” when we gather together weekly and stay in fellowship. What do you think that means? Read 1 Peter 5:8. Why do lions look for isolated prey?
20. What are some of the dangers of removing ourselves from assembling together? Have you ever experienced this personally?
21. What are some of the most common reasons believers use for not going to church? (Have you ever used any of them?)
22. See if you can find any other DO NOT DOs to one another and be ready to share.
23. Let’s recap for a bit. What **one another** grabbed your heart the most? Why?
24. Make an action plan to put these **one anothers** into practice. Are you ready to be that intentional? If you feel comfortable, share that plan with your group. (It may “spur another on”!)

**25.** What's your biggest take away from the last 14 weeks?

**26.** Any last thoughts, comments, or things you'd like to share?

**I'm going to leave you with a few great quotes on loving one another:**

"Love each other dearly always. There is scarcely anything else in the world but that; to love one another."

**Victor Hugo**

"People who love each other fully and truly are the happiest people in the world. They may have little, they may have nothing, but they are happy people. Everything depends on how we love one another."

**Mother Teresa**

"If you judge people, you have no time to love them."

**Mother Teresa**

"What can you do to promote world peace? Go home and love your family."

**Mother Teresa**

“Intense love does not measure, it just gives.”

**Mother Teresa**

“Our maturity will be judged by how well we are able to agree or disagree and yet continue to love one another, to care for one another, and cherish one another and seek the greater good of the other.”

**Desmond Tutu**

“Love one another. We don’t need more instructions; we need more examples.”

**Bob Goff**

**And the best of all:**

“Beloved, let us love one another, for love is of God, and everyone who loves is born of God and knows God. In this the love of God was manifested toward us, that God has sent His only begotten Son into the world, that we might live through Him. In this is love, not that we love God, but that He loved us and sent His Son to be the propitiation for our sins. Beloved, if God so loved us, we also ought to love one another.”

**The Apostle John in 1 John 4:7-11**

Have any quotes you’d like to share? Go for it! God bless you, ladies! Let’s go and show some love!