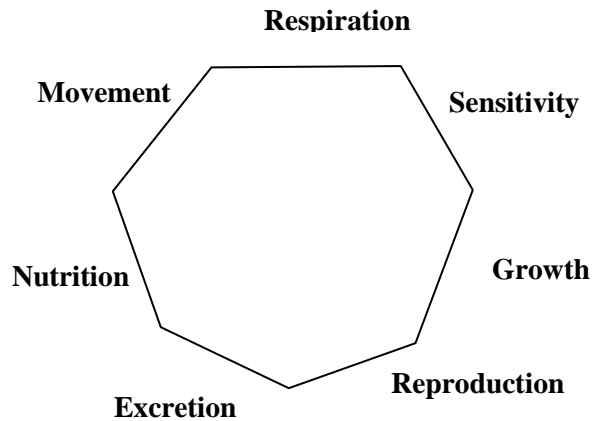


LifeShapes
Session 7 – Healthy Living – MRS GREN



Key Principle: Essential Characteristics of (Spiritual) Life

Key Scripture: Matthew 18.15-17

1. Who can remember what MRS GREN stands for? (Recap on each one)
2. How did you get on in the spiritual life “check up”? Which characteristic(s) do you feel you might be lacking?
3. How are you getting on with “excretion”? – especially regarding unforgiveness/relationships – what do you make of Jesus’ instructions in Matthew 18.15-17?
4. Has tonight’s session reminded you of anything from previous week’s that is important for you to remember/put into practice?

Please come prepared next time to share your learning with others.