



Discussion Guide for “Quality vs Quantity”

Growing Together Week 2

Healthy relationships require us to invest time in them. But not all time is equal. How can we ensure the time we share with others is quality? How can we make the most of our relationships?

Scriptures for Further Reading

[Proverbs 15:17](#)

[Ephesians 5:15-17](#)

Passage for Sacred Reading:

Sacred Reading is a way of reading Scripture with an eye toward transformation, not just information. You can find a [step-by-step guide here](#). The passage for this week’s sacred reading is [Ephesians 5:1-17](#).

Questions for Discussion

1. On a scale of 1-10, how important is quality time for you? In what kinds of relationships do you experience the most quality time?
2. Reread Ephesians 5:15-17. How good a job do you do at making the most of your relationships?
3. Drawing from Proverbs 15:17, who gets most of the ‘steak’ of your quality time?
4. How can rituals help us create space for quality time?
5. What rituals might detract from quality time?
6. Are there specific relationships you feel God is calling you to be more mindful about?
7. What new commitments or rituals might you need to create in order to create space for quality time in those relationships?