

## Family Month: week two

//DISCUSS

Q1 – Certain words from certain people are more impactful because of who they are and who they are to us.

Share a time when someone important or someone special to you said something meaningful. How did that impact you?

Q2 – Do you ever find yourself having conversations about what's going on while it's going on? Our relational happiness isn't as much about what's happening as it is what we tell ourselves about what's happening.

Q3 – When someone says something offensive to you, what is your initial reaction?

How often do you pause to see things from their perspective?

How might it change your reaction or the situation if you did?

Often what people say to us, reveals more about them than us.

Q4 – Have you noticed any insecurity coming up when you experience intimacy?

How can you deal with your insecurity instead of building a wall in the relationship?

What would that look like for you?

Q5 – How have your relationships looked when there is a rupture? Is there a repair?

How do you repair? How could you adjust this cycle to be healthier?

//READ

- Main Passage: Matthew 16 (NLT)

- 1 Peter 3:8-9 (NLT) – “Sympathize with each other, love each other as brothers and sisters, be tenderhearted and keep a humble attitude. Don't repay evil for evil. Don't retaliate with insults when people insult you. Instead, pay them back with a blessing.”

//PRAY

Pray that God would help us to look at our responses to people, to expose our own insecurity and allow God to heal our hearts and our relationships.