



We Need To Talk | James Powell | 02.04.2024

Weekly Study

SHARE

As group members get settled, take a few minutes to check in with everyone and see how life is going. Share an exciting story from this week, your highs and lows, an answered prayer, or something you're struggling with. If someone is really struggling, rally the group around them and take a few moments to pray over them.

Share a high and a low from last week.

What are the three relationships that mean the most to you?

What are three big things that you think build healthy relationships?

GROW

Welcome to our February series, *Biblical Strategies for Relationships*. Pastor James started us off this week with his message, *We Need to Talk*. As with everything, our words have tremendous power to influence the outcome of situations, but with relationships, the stakes always seem to be higher. The way we communicate matters. Our words have the power to provide healing and encouragement, or they can cause great harm. In addition to our words, the expectations we build, whether spoken or in our heads, also greatly impact how we experience our relationships. You can't hold people accountable to expectations they've never heard of. Unspoken expectations lead to unmet expectations, and unmet expectations lead to conflict and bitterness, among other things.

Read Proverbs 18:21, Luke 6:43-45

What was your biggest takeaway from James' message this week?

What comes to mind when reading the passages above?

Is there a situation that comes to mind where you built up expectations for something in your head and were let down? Explain.

M O V E

Read 1 Thessalonians 5:11, proverbs 17:22

James shared several practical tips to help us with our communication and our expectations. First, he shared three ways we typically engage in conflict that aren't healthy: we live with unmet expectations and let them pile up over and over; we get so tired of fighting we do anything to avoid the conflict altogether.; or we start weaponizing our words. Fortunately, the Bible offers several biblical strategies to help us lean into healthy conversation and ways of thinking. They are to 1) Earn the other person's attention before giving our opinion. 2) Make goals fun. 3) Ask great questions. 4) Choose encouragement.

What communication style do you tend to fall into when you're stressed or frustrated?

Do you respond reactively when something is said that hurts you, or do you seek clarification?

What questions could you utilize to clear up miscommunications in your relationships?

We tend to focus on negativity and things that go wrong over the good things in our lives, and that can rob us of our joy. What blessings do you often overlook by focusing on the one thing that didn't happen perfectly?

P R A Y

God, thank you for creating us to be in relationship with you and with others. As we continue to lean into our relationship with you, will you teach us how to thrive in relationship with others?