

LIFEGroup Gathering Guide

Warm Ups (15 Min)

- Everyone share a “High” from the week and a “Low” from the week.
- Everyone share a “God moment” from the week.
- What’s something that is currently not taught in school that should be?

Scripture Study (30 Min)

- What in [this week’s message](#) about relational living stuck out to you?
- What dysfunctional families can you think of from scripture? ([click here for help](#)) What was at the root of their relational dysfunction?
- Intentional time with your roommates or spouse can help you ally together and prevent large conflict. Does anyone here practice intentional relational time? What does that normally look like?
- In this week’s message, it was said that “relationships aren’t about perfection, they’re about improvement.” A key part of relational growth involves conflict resolution. What did you learn about conflict resolution from your parents?
- Read Matthew 5:23-24, 18:15 and Ephesians 4:26. What can we learn from these passages about conflict resolution?
- How about Leviticus 19:18?
- Luke 17:3-4
- Romans 12:17-21?
- When Jesus says “Blessed are the peacemakers” in Matthew 5:9, what does He mean? Make peace at all costs?
- Which of these conflict resolution pitfalls are you most prone to?
 - Avoiding talking about it.
 - Blaming to escape blame.
 - Trying to resolve conflict via email or text.
 - Conversation dominating.
 - Bringing up historic wrongs.

- Which of these conflict resolution tools have you used? Was it beneficial? What's a tool you haven't used or heard of that you could add to your toolbox?
 - Intentional Relational Time.
 - Asking "What would make this conversation successful for you?"
 - Reflective listening.
 - Thinking about the Question Behind the Question (QBQ).
 - Asking yourself "WAIT" (Why Am I Talking?).
 - Using the "Emotional Jug" to evaluate what you're sad / mad / scared / glad about.
 - Asking "Have we done ok here?"
 - Professional Counseling.

Group Prayer (15 Min)

Trios (20 Min)

- *Same gender groups of three. If numbers are uneven, go to groups of two.*
- Spiritual Velocity:
 - What have you been hearing from God through Sunday's message, this week's LIFEGroup study, and/or this week's Life Journal scripture readings?
 - What's an area of your life in which you know you need to repent or grow? How can we encourage you?
- God Space:
 - How's your 3-2-1 challenge is going? Share about connections you're building and spiritual conversations you're having with non-believing neighbors and friends.
- Prayer:
 - Pray for non-believers in your lives by name: _____.
 - Pray for each other.