



Can You Relate Part 4
Four Lethal Behaviors

LifeGroup Discussion Guide

For the week of 4/16/2023

- [1] What insight, principle or observation from this weekend's message did you find to be most helpful, eye opening or troubling? Please explain.
- [2] What are the "four horses" and why are they destructive to your relationships?
- [3] How can Proverbs 15:1 help us stay out of a pattern of criticism in our relationships?
- [4] How does unchecked criticism lead to contempt and defensiveness?
- [5] Why is "recognizing the pattern" the first step to overcoming the four horses?
- [6] What are some ways you can "repair" the situation when you find yourself in a negative pattern during a conflict?
- [7] What does it mean to "build a culture of appreciation and respect" (1 Thessalonians 5:11)? Can you give an example of how this has helped you improve one of your relationships?
- [8] What steps do you need to take to calm yourself down when you find yourself stonewalling during a conflict?
- [9] Do you agree or disagree with this statement, "the pattern is the problem more than the couple" ...why or why not? Please explain your thoughts?