



**It's Complicated Part 1**  
*Hurts, Habits and Hang-Ups*

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**LifeGroup Discussion Guide**  
*for the week of 3/6/2022*

- [1] Describe a relationship that really impacted your life in a positive way...what made this a great relationship?
- [2] Why do “little things” become “big things” in relationships if they are not addressed?
- [3] How does relational hurt impact a relationship over time? Can this lead to the “root of bitterness” described in Hebrews 12:15? What are your thoughts?
- [4] The apostle Paul reminded people in Ephesians 4:26 not to let the sun go down on their anger. Jesus echoed these words saying blessed are the peace makers (Mathew 5:9) and exhorted people (Mathew 5:23) to make it right if someone has something against them. What are the benefits of peace making verses peace faking in our relationships? Can you give an example of where peace making brought healing and understanding to a relationship?
- [5] Read James 1:19 with Proverbs 1:15 on the role of listening in our relationships. Describe a time when you felt listened to in an important relationship...how did you feel? What was the impact of good listening on the issue and your relationship?
- [6] What habits can you start cultivating to improve your listening skills?
- [7] It has been said that hurt people hurt people...how has past hurt kept you from opening up in new healthy relationships? What steps might you take to heal and reengage with healthy people?