

## TALK ABOUT IT

# YOU + ME



**September 26, 2021**

To watch the message, visit  
[cypresschurch.tv/teaching](https://cypresschurch.tv/teaching).

### TEACHING OVERVIEW

This weekend we wrapped up our You + Me series on relationships as Pastor Ken sits down with his wife Serena and counselor and friend Jim Cress. The three talk all about relationships, whether with a spouse, a child, or even just a friend. Jim shares with us 4 key things that can lead to a toxic relationship, how to slow down and navigate conflicting situations, and some of his best parenting advice. All rooted in God's word, Jim provides a wealth of advice on how we can live with healthy relationships.

## Encouragement

Jim mentioned during the teaching, "When common sense makes sense, seek no other sense." Be encouraged by this today, knowing that sometimes the solutions can be just that easy and we must not overthink things. And while this may not always be the case, be also encouraged by the community you have around you and your Group to be able to confide in and walk alongside you as you navigate differing situations in life.

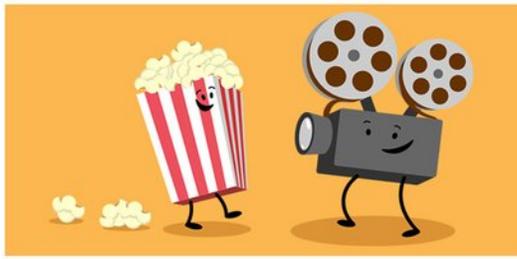
## Scripture & Discussion

**Read:** [Acts 1:8](#)

### Discuss

1. "But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth." Jim used this verse when talking about the circles of relationships in his life. Spend some time talking with your Group about what these circles look like in your life. Make sure to identify these together if you never have before. How does knowing who is in these circles help us navigate life and relationships?

2. Jim explained an acronym he created, MATCH. He taught us how to use this tool to help slow down and navigate conflict in a relationship. M is mirror, A is affirm, T is thanks, C is clarify, and H is help. Talk with your Group about what was most impactful from this acronym for you. What did it open your eyes to? Also, spend some time talking about how you can begin implementing this in your own relationships.



## Scripture & Discussion

**Read:** [1 Thessalonians 5:14](#)

### Discuss

1. "And we urge you, brothers and sisters, warn those who are idle and disruptive, encourage the disheartened, help the weak, be patient with everyone." Jim used this verse when talking about parenting, but really in any relationship, and how we are called to interact with different people in different ways based on their needs. If we follow the verse, we are not supposed to warn the weak, but are supposed to help them. Talk with your Group about how you can apply this verse to your own life, whether with your children, or any other relationships you may have.

2. Throughout the entire message, Jim talked about knowing and unpacking your story and how this not only impacts you, but how you interact in relationship with others as well (including in marriage, with kids, or with friends). Talk with your Group about what it truly means to begin unpacking and knowing your story. Spend some time talking about how you can begin to reflect on your life and really know your story.

## Prayer

Jim talked about agape love and how it really means "seeking the other person's highest good." Pray as a Group and ask God to put this truth on your heart. Ask Him to reveal ways that you can tangibly love others around you with their highest good in mind.

Take time continuing to pray as a Group that you would seek to create healthy and God-given boundaries for yourself and others in all your relationships.

## Next Steps

Spend time this week coming up with some tangible ways you can love others around you by showing that agape love and seeing their highest good, not your own.

Be reminded this week of the steps Jim Cress provided for when others are sharing with you, the MATCH acronym. Be intentional to put that into practice this week.