

Weekend Message Questions

Under Pressure: Relational Pain

2/6 - 2/7

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CHECK-IN: Check with the members of your group to see how they are doing.

TAKEAWAY: The pressure from relational pain has the power to either make us better or make us bitter. The choice is entirely up to us.

DISCUSS:

- The relational pain triangle is pointed with 3 words: anger, victim and fear. Which of these words do you think you most relate to when it comes to relational pain? Why?

READ: Matthew 5:21-22, Matthew 5:38-42, Ephesians 4:26-27

DISCUSS:

- How has relational pain manifested as anger in your life?
- In a relationship, why is “turning the other cheek” so difficult sometimes?
- Practically, how can we avoid letting our anger in a relationship lead to sin?

READ: Luke 15:22-30

DISCUSS:

- How has relational pain manifested as victimization in your life?
- Practically, how can we overcome the natural tendency to let our pain as a victim dictate our life?

READ: 1 Kings 19:1-4

DISCUSS:

- How has relational pain manifested as fear in your life?
- Practically, how can we overcome the fear that causes us to shut down or give up?

READ: 1 Peter 2:24, Colossians 2:9

DISCUSS:

- No one but GOD can fulfill you or make you whole! What relational pain is holding you hostage? How can you move God to the center, and find freedom?
- A diamond requires heat and pressure to reveal its value. Has the pain that comes with the pressure in relationships created something valuable in your life? How?

DIY:

- READ and REFLECT this week on Colossians 2:9.
- What am I looking for to complete me outside of my relationship with Christ?

PRAY

Can you use prayer? <https://hopefellowship.net/prayer-request/>