

Podcast Companion

Week 1: David & Michal | Featuring Nate Ross

BEFORE YOU BEGIN

Listen to this week's conversation with Nate Ross. The episode expands Sunday's message with practical tools for replacing assumptions with curiosity, trust, and honest conversation.

WHAT STOOD OUT?

- What idea, quote, or story from the podcast challenged or encouraged you most? Why did it stay with you?

DIGGING DEEPER

- Nate described our past experiences as an “unseen operating system.” How have your experiences shaped the way you interpret people or difficult situations?
- Nate joked that he is “undefeated in imaginary arguments.” How can rehearsing a conversation in your mind distort what is actually true?
- The conversation connected trust with vulnerability. Why does vulnerability disappear when trust is weak, and what helps rebuild it?
- Nate said, “You’ve got to name it to tame it.” What changes when you identify what is happening inside you before responding?
- One practical phrase was “Help me understand...” Where could curiosity change the tone of a conversation at home, work, church, or with a friend?

REPAIRING RELATIONSHIPS

Nate offered a simple framework for reconciliation. Work through each step slowly:

- 1 Acknowledge. Name what the other person is feeling, even before you agree.
- 2 Own your part. Take responsibility for what was yours without shifting blame.
- 3 Apologize. Say you are sorry clearly and without defending yourself.
- 4 Commit to cleanup. Ask what repair, change, or follow-through is still needed.

- Which step is most difficult for you, and what usually gets in the way?

PUTTING IT INTO PRACTICE

Choose curiosity over assumption.

Who have you been interpreting from a distance? Write their name privately. What conversation could you begin this week with: “Help me understand...”?

KEY TAKEAWAYS

- Your history influences how you read the present.
- Assumptions often reveal what is unresolved inside us.
- Trust creates room for honesty and vulnerability.
- Curiosity lowers defenses; accusation raises them.
- Repair requires ownership, apology, and follow-through.

SCRIPTURE REFLECTION

“Though good advice lies deep within the heart, a person with understanding will draw it out.”

PROVERBS 20:5 • NLT