



The Ugly Truth: Week 1

Discussion Guide

Series Overview

The pressures of life has a way creating fractures, small cracks in friendships, marriages, even within the church. Navigating our strong feelings to create stronger relationships requires some tough conversations and willingness to hear the ugly truth. What we do with those truths can either heal our relationships or continue to allow the fractures to grow until they break.

Week 1 Big Idea

We all experience relational fractures in our lives. The challenge is how to restore them. The relationship between Jacob and Esau gives us a roadmap on repairing what's broken.

Connect

Begin with some conversation, checking in on how people are doing. Ask a couple fun starter questions everyone can relate to, such as:

- What has been your favorite memories of Summer?
- What are you looking forward to in this next season?
- Should the toilet paper go over or under on the handle?

Discuss

- What stood out to you most about the message from the weekend?
- Unrealistic Expectations, Unhealthy Models, Unpredictable Circumstances... all influence relationships breaking down. Has any of these been a cause of tension in a relationship you care about? How did you recognize the breakdown?
- Read Romans 12:18 – How can you live at peace in your life, specifically in regards to relationships that have been challenging or changed?
- Healing a fractured relationship begins by taking a few key next steps: Taking Ownership, Shifting Your Perspective, and Holding onto Hope. Which of these resonates the most with you and the next steps you may need to take?

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Pray

“God, please heal the relationship fractures in my life. Help me to own my stuff. Give me eyes to see the needs of others. Fill me with hope and empower me to extend grace, just as You’ve extended to me. Amen.”

