



# The Ugly Truth: Week 3

## Discussion Guide

### Series Overview

The pressures of life have 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 3 Big Idea

Marriages have taken a hit over the past two years. Learning to heal the fractures in our most important relationships is the key to ending up another statistic with a trail of heartaches along the way.

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### Connect

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

- Share your favorite memory from your dating years.
- What Disney character best sums you up?

### Discuss

- What stood out to you most about the message from the weekend?
- What makes sharing words or expressions of love and care challenging for you?
- Read John 13 together. Why do you think Jesus puts such importance on the way we love and treat people?
- What level of intimacy seems to be most challenging in this season of life? Day to Day, Heart to Heart, or Soul to Soul? Why?
- If you can choose one level of intimacy to grow in and protect over the next 30 days, what would it be for you? Will you commit to it?

### Pray

“God, you have a design for our hearts and gave us a blueprint to protect the relationships that matter most in our lives. Help us to sacrificially love others. May our relationships show your love for us in all the areas of our lives. Amen.”