

FIVE CONVERSATIONS FOR HEALTHY RELATIONSHIPS

What's Hurt Them.1:

EMBRACE THE PAIN

Buried behind every angry outburst is some form of unresolved pain. Don't engage the outburst; find the pain and _____ it.

Featured Scripture Reference:

¹⁶ Jesus said to her, "Go, call your husband, and come here."¹⁷ The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband';¹⁸ for you have had five husbands, and the one you now have is not your husband. What you have said is true."...

*²⁸ So the woman left her water jar and went away into town and said to the people,²⁹ "Come, see a man who told me all that I ever did. Can this be the Christ?"
John 4 (ESV)*

Things I want to remember from the video:



The wisdom in these lessons is thousands of years old and has been tried and found true by hundreds of millions of people.

QUESTIONS FOR DISCUSSION:

What if, the next time someone “flies off the handle” with you, instead of reacting to their anger, you ask questions designed to find their pain? What do you think those questions might be?

How might it change a relationship in your own life if you made this your first reaction to anger? Which relationship will you start with? Why?

WHAT? What lesson or truth do I take away from this session?

SO WHAT? Why and how does this truth or take-away make any difference in my relationship(s)?

NOW WHAT? What step will I take this week as a result of this lesson?

How I can be remembering group members this week:

