

LET'S TALK FAMILY

Week 1 – How Can We Relieve Tension in Our Home?

April 23-24, 2022

WARM UP

Who is a couple you know that has a great relationship? What makes their relationship so healthy?

James 4:1 (NIV)

What causes fights and quarrels among you? Don't they come from your desires that battle within you?

INTRODUCTION

We all want to have healthy, positive relationships, but conflict can cause tension in the relationships that we care about most. As we kick off our "Let's Talk Family" series, let's talk about sources of conflict and how we can relieve tension in our relationships.

DISCUSSION

1. Read James 4:1? How do our desires create tension in relationships?
2. Sometimes we want God to change something about someone else, but God wants to work on us. Why does God focus on us?
3. The message mentioned sources of conflict in relationships. How have you experienced conflict as a result of these five sources?
 - Our Unmet Expectations
 - Our Backgrounds
 - Our Priorities
 - Our Pain
 - Our Fear of Rejections
4. Read James 3:13-18 as a group. What stands out to you as significant from this passage?
5. Read verse 18 again. What is the difference between a "peacemaker" and a "peace-keeper" in the home? Which do you gravitate more towards?
6. The message talked about four practical ways to relieve tension in the home: (1) start with trust over suspicion, (2) stop speaking for other family members, (3) help others feel heard and valued, and (4) give at least one encouragement every day. Which of these four actions do you need to work on the most this week?

APPLICATION

Is there a relationship in your life that needs reconciliation? How could you apply this week's message to that situation?

PRAYER

- Pray for anyone in your group who responded to the application question and needs reconciliation for a relationship.
- Pray for everyone in your Small Group to be a peacemaker this week.
- Take prayer requests and pray for any needs in the group.