

## **Growth Group Questions**

Family Month – Inherited Cycles of Behavior

### **//GUIDE**

We'd like to invite you to dive deeper with us for five weeks by joining a Growth Group during Family Month. Our hope during this series is that you take the time to read through, reflect and answer these questions, & discuss your answers honestly in a safe group environment.

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### **//OVERVIEW**

We all want to leave our families something other than a list of issues to overcome in therapy. But how?  
#FamilyMonth #October

Everyone you know may have differing perspectives on God, Christianity, and the Bible, but one thing most people have in common is a genuine desire to love & lead their families well. We want our romance to last. We want to set our kids up for success. We want to leave our families something other than a laundry list of issues to overcome in therapy. We all want these things. We're just not always sure how to go about getting them. Family Month is about setting aside 5-straight weeks to focus on just that. We're exploring ancient wisdom, cautionary tales & best practices together in hopes of learning how to help our families be as holistically healthy as possible.

### **//TALK**

**Q1** - When was the last time you caught yourself saying or doing something that made you feel like you'd become your parents?

**Q2** - We tend to live just like the people we're closest to do; and for most of us, that's family. What are some of the traits you've noticed that tend to run in your family? Do those traits tend to be positive or negative?

**Q3** - Read **Lamentations 5:7**. What are you "passing on"? What actions, traits, attitudes & habits are your kids picking up from you? What is your behavior producing in the people around you? Are there things about who you are that you do not want replicated? What are they?

**Q4** - Read **Genesis 45:4-5**. Joseph disrupts the destructive pattern in his family, not just by behaving differently, but by believing differently. When it comes to breaking the destructive patterns in your family, what might Jesus be inviting you to believe differently about your story?

**Q5** - This week we talked about the importance of prioritizing habits like attending church regularly, growing in a group and having open spiritual conversations with our family. During Family Month, what can you commit to prioritizing that can allow God to change your family history?

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### **//CHALLENGE**

We don't reproduce who we wish we were, we reproduce who we actually are.

### **//REMEMBER**

**1 Corinthians 13:7** - **Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.**

### **//PRAY**

As you share prayer requests, take time to personally make requests known in an honest and safe environment. Encourage each other to write down requests and to pray during the week. Feel free to have multiple group members pray as well, if they are comfortable doing so.

