

Growth Group Questions

Family Month – Emotional Triggers

//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.

//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 - Have you ever had a time when someone said or did something insignificant to you, yet you snapped? What happened?

Q2 - Most of the time we don't have lots of fights, we have one fight, lots of times. What is the one fight you seem to have over and over?

Q3 - Reflecting on a fight when we're calm can bring great perspective. When you reflect on your repeating fight, what might that fight really be about? What nerve is being struck in you? What nerve is being struck in the other person?

Q4 - Read **Genesis 30:15**. Leah's frustration with Rachel exposes her insecurity she's been feeling toward her marriage. In what ways have you been bringing an old frustration to a new fight? How have you had trouble getting over your past?

Q5 - Think about your recent frustrations about a situation or with a person. What fears are those frustrations exposing? What is it you're afraid of? What areas of your life do you need to allow God's love to bring calming peace to?

//CHALLENGE

My frustration with you exposes the fear in me.

//REMEMBER

Romans 12:18 - **If it is possible, as far as it depends on you, live at peace with everyone.**

//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.