

## **Growth Group Questions**

Family Month – Accountability & Co-Dependency

### **//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** - As a kid, did you every have a “Disneyland” family member? Someone who showed their love by spoiling you? Who was that for you? How did that feel?

**Q2** - Can you imagine your life today if your whole childhood was always getting what you wanted? Who would you be today if you grew up with zero discipline and accountability?

**Q3** - Read **Genesis 27** [have different people read a few verses at a time]. Re-read verse 13. It was stated that Rebekah is a co-dependent mother with a relationship addiction to being needed by her son, Jacob. Would you agree? Why or why not?

**Q4** - In what ways have you been a co-dependent parent/friend, letting your need to be needed get in the way of giving accountability? When in your life do you find yourself drifting toward the co-dependents in your life so you don't have to answer for your mistakes?

**Q5** - What areas of your life is Jesus inviting you to have more discipline? How can you be more intentional about inviting accountability into your life, and offering it to others?

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### **//CHALLENGE**

Knowing how to healthily process & appropriately respond to things not going your way is essential to maturity.

### **//REMEMBER**

**Hebrews 12:11 - No discipline is enjoyable while it is happening—it's painful! But afterward there will be a peaceful harvest of right living for those who are trained in this way.**

### **//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.