



conversations

## **“Three Conversations you have to have with your spouse”**



conversations

### **Getting Started**

**W**hich of the following conversations are hardest for you to have?

- Let's talk about our finances
- How do you think we should discipline our child?
- What movie do you want to watch?
- Do you think I've gained weight?

**C**an you remember a particular conversation you had that changed the course of your life?

### **Going Deeper**

**W**hat thought or concept from Sunday's message had the biggest impact on you?

**D**o you agree with the following statements? Read them and discuss as a group how you agree or disagree.

- 1) The center of conflict is not what your partner did to you, it's what the conflict brought out of you.
- 2) The key to a successful relationship is not searching until you find a partner that won't bump into you but learning to deal with the stuff that's inside of you.

**O**n Sunday Jack mentioned that the first conversation you need to have to make your relationships work probably has to be with yourself and it goes like this, “What do I have to work on?” Why is taking that step so crucial in relational success?

**T**ake a moment and read the following verses and talk about the wisdom God uses about what's important in relationships.

*Keep thy heart with all diligence; for out of it are the issues of life. Proverbs 4:23*

*Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting. Psalm 139:23,24*

*Test me, O LORD, and try me, examine my heart and my mind; for your love is ever before me, and I walk continually in your truth. Psalm 26:2,3*

*Examine yourselves to see whether you are in the faith; test yourselves. Do you not realize that Christ Jesus is in you—unless, of course, you fail the test? 2 Corinthians 13:5*

*In your anger do not sin; when you are on your beds, search your hearts and be silent. Psalm 4:4*

Identifying your feelings is the first step in dealing with conflict. Which of the following feelings tend to be your go to emotion that leads to conflict or comes out when you're in conflict?

**I felt angry**

**I felt ugly**

**I felt stupid**

**I felt left out**

**I felt unlovable**

**I felt lonely**

**I felt embarrassed**

**I felt like a failure**

**I felt abandoned**

**I felt unappreciated**

**I felt old**

**I felt scared**

“People are drawn to environments of acceptance.” How have you seen this truth lived out in your life?

How can you use this truth to change the way you do relationships?

**Close with this prayer.**



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