

Discussion Guide

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It's Not You, It's Me

Get Bitter or Get Better

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Main Idea

If we want to have life-giving relationships, we have to deal with the pain in our lives. So often, we walk around loving Jesus and living bitter. You can't fight spiritual battles in the natural. Recognize your feelings because we are all hurting from something or someone. But God is calling us out of our hurt. To go from bitter to better!

1. **You Have to Grow You**

If you don't heal what is broken in you, you will bleed on others who didn't hurt you. Then, you approach every relationship, am I bringing life or a knife?

Reflecting on the idea that "we can't change our spouse into something they are not" and the principle that "opposites attract but opposites attack," how can acknowledging and owning your own contributions to relationship conflicts help you grow personally and improve your relationships?

2. **Healthy Boundaries**

Healthy boundaries involve letting go of burdens and offenses quickly, as exemplified by the principle of releasing and forgiving. Unresolved hurt can blind us and hinder our faith, leading to bitterness instead of growth.

Read: 1 Peter 5:7, Ephesians 4:32

Reflecting on the principle of letting go and casting your anxieties on Jesus (1 Peter 5:7), how can you apply this to your own experiences? What are some obstacles to forgiveness that you have faced, and how have you worked through them?

3. **Seek God First**

To truly follow Christ, one must prioritize loving God above all else, as He teaches us how to love others better (Matthew 6:33). In a family setting, the man should fulfill his spiritual responsibility as the head of the home—not as a dictator but as a spiritual leader

Read Matthew 6:33, Colossians 3:7

In what ways can you prioritize God in your daily life to better equip yourself for relationships and personal growth? How can prioritizing our relationship with God and embracing spiritual responsibilities in our roles (e.g., as a spiritual leader in the home) lead to a more authentic and transformative Christian life?

SUMMARY

Today, we learned that for life-giving relationships, we must first address our own pain and take responsibility for our actions. We can't change others, but we can change ourselves—owning our part in conflicts and focusing on personal growth makes our relationships stronger. We must set healthy boundaries, let go of offenses quickly, and seek healing from our hurts, so they don't blind us or hinder our faith. Avoid being a "Christian atheist"—someone who believes in Jesus but lives as if He doesn't matter. Instead, prioritize your relationship with God, as He will guide and transform your life and relationships, reflecting His love and grace in everything you do.

CALL TO ACTION

1. Take some time to journal about an area in your life where you are holding onto bitterness. Reflect on how you can take ownership of your part in this situation and seek healing.
2. Identify someone you need to forgive. Pray for them and make a commitment to let go of the offense.
3. Take a moment now to thank God for the relationships that He has blessed you with. Set your priorities and guard your heart and mind in preparation for future relationships.

GROUP LEADER RESOURCE

Game: Cell Phone Show and Tell

Ask each group member to show off one of their more recent pictures on their phone and tell everyone why they took the photo and what it means to them. (Example: a family member, a selfie of a place or event, a pet, hobby, etc.)

Tips: People may have various definitions of what is in good taste or appropriate. So, as the leader, you will need to set the group rules for modesty etc.