



SERMON GUIDES

Talking through the message during the week helps you and your group turn what God is saying to you into action steps. Begin with the key questions, add in any optional scriptures and questions if needed, then wrap up by deciding on your next steps.

Visit woodlakeumc.org/sermonessentials for weekly sermon guides, devotionals, and more or if you have questions, contact Jill Perrin at jperrin@woodlakeumc.org.

The YOU in YOUr Relationships | WEEK #2

01.

INTRODUCTION

We continue our sermon series this week based on the books *Emotional Healthy Spirituality and Emotionally Healthy Relationships* by Peter and Gina Szazzero. Today's sermon focuses on the next skills we need to check: clarifying expectations and stopping mind reading.

02.

DISCUSSION QUESTIONS

Read 1 Thessalonians 5:14-18

1. Pastor Gordon discusses the fact that we all tend to find ourselves drifting at some time in our life.
 - a. Provide an example of a time in your life, it could be now, where you found yourself drifting.
 - b. What were you focusing on during this time? Were you focused on Christ?
 - c. If not, how might things have been different if you made a conscious effort to move towards the light of Christ whenever the World takes over the narrative?
2. Pastor Gordon talked about his beach experience and his habit of people watching and creating narratives on how they may have lived their life.
 - a. In what ways do you create narratives regarding other people without facts to back up the narrative?
 - b. How did that story affect either your life or that other person's life?
 - c. What steps can you take to keep from creating false narratives? Be specific.
3. While it may be beautiful to see things imaginatively, it can also be a problem.
 - a. What are some examples of beautiful storytelling?
 - b. At what point does this become a problem? Might recent current events be an example of this?
 - c. How can we keep ourselves from making narratives based on false assumptions our truth?



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4. Pastor Gordon talked about a story where someone assumed what his viewpoint was based on a facial expression he made.
 - a. What is an example of a time you assumed how someone felt based on their mannerisms or other non-verbal actions?
 - b. Did your assumption turn out to be true or false?
 - c. What steps can you take to keep from bearing false witness in this way?
5. There were several ways that were discussed to stop mind reading.
 - a. What are they?
 - b. Why might it be difficult to learn the truth from another person?
6. **Read Proverbs 18:2,13.** Pastor Gordon talked about our expectations and why it is often a frequent stumbling block in many of our relationships.
 - a. What are some of the reasons expectations are not acknowledged or met?
 - b. Provide an example in your life when expectations were not met or understood? Why not?
 - c. What changes in your life and habits that will allow you to clarify both your expectations and the expectations of others?



NEXT STEPS

1. Stop Mind Reading.
2. Clarify Expectations.
3. Genogram your family. (Beginning on Wed Night)(Zoom Meeting)