



Us: Celebrate | February 8, 2017

Discussion Guide

The Scoop

Relationships are hard. Both good and bad exist in all relationships, and both are contagious. The good news is we get to choose which one spreads.

Key Verse

Colossians 3:12-14 (MSG)

So, chosen by God for this new life of love, dress in the wardrobe God picked out for you: compassion, kindness, humility, quiet strength, discipline. Be even-tempered, content with second place, quick to forgive an offense. Forgive as quickly and completely as the Master forgave you. And regardless of what else you put on, wear love. It's your basic, all-purpose garment. Never be without it.

Discussion

When we step back from the day-to-day grind of life, we typically reflect on positive experiences and positive memories. However, in the immediate we have a tendency to focus on the negative. The hard truth is that both positive and negative are contagious and spread. The good news is we get to choose which will spread.

1. What do you typically do to celebrate the good things in your life? How often do you reflect?
2. Is it easier for you to list 10 good things or 10 bad things? Why?

If we apply this same line of thinking in our relationships, especially with those closest to us, we can still choose which things (positive or negative) are going to define our relationship...which of the two will spread and take over.

3. When was the last time you found yourself stewing on the annoyances of a close relationship? Why? What types of things?
4. Can you list 5 things that are positive about the person in the relationship or about the relationship in general? What would change if you focused on those things instead of the annoyances, grievances, and negative things?

Colossians 3:12-14 suggests that we get to choose how others experience us and how we see the world. The metaphor of putting on clothing implies a clear choice...one we make everyday. Admittedly, it is a difficult choice. However, if we choose to celebrate the positive things, the wardrobe God asks us to put on becomes a little easier choice.

5. Which of the listed "wardrobe" items is easiest to choose on a daily basis? Why?
6. Which of them is most difficult and why?

What's Next?

This week as you seek to improve your relationships with those closest to you, take time to reflect on the positive things, the memories, and the benefits. As you do so, consider how often you choose the "wardrobe God picked out for you." How could you intentionally choose each day to interact differently to improve your relationships?