



Relationship Myths: The Decision | March 13, 2019

Discussion Guide

The Scoop

What if I told you that the belief that lightning never strikes the same place twice is a myth? What if I also told you there were a ton of myths that we believe about our relationships that actually hurt them? Read below to hear more.

Key Verses

Luke 9:23 (NIV)

"Then he said to them all: 'Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me.'"

Discussion

These days, busting myths is a lot easier than it used to be. We can find out the answer to any question we have within a matter of seconds by using the Internet. There is even a TV show where a team of people bust myths over and over. On the show, MythBusters, they repeatedly bust myths about things that we see in movies, crazy stuff that doesn't actually happen in real life. And while it may ruin movie watching for some of us, it's also pretty entertaining to watch them debunk some of the things we've been led believe.

1. What is the craziest myth you've ever debunked? Why and how did it shock you when you found out?
2. Are you someone who likes to debunk "movie myths"? Why or why not?

While it's easy to debunk myths we see in movies, there are certain myths we believe about our relationships that have yet to be debunked. This is true of both marriage relationships as well as friendships. A lot of people believe that a single decision can make a relationship last forever. For example, we make a decision to marry someone, and believe that just because we chose them once, we don't have to continue making that choice day in and day out. We don't anticipate the hard seasons when we make that choice. However, the truth is, that one decision that happened a long time ago, is not enough to make marriage last.

3. If you are married, when did you make the decision to marry your spouse? If not, when is a time you made a decision to invest in a close relationship?
4. Why do you think we have a tendency to believe that relationships can thrive solely based on a one-time decision? Have you believed that?

In Luke 9:23, Jesus says that in order to follow Him, we must choose to deny ourselves and pick up our cross daily. It is true of both our faith as well as our relationships; that we must choose to put others above ourselves as well as continue through hardship if we want to follow Jesus or maintain our relationships. There are a lot of things that come at us in life that make it hard for us to continue picking up our cross daily. We change as people, we look different, we move around... things can get difficult. But our faith as well as our relationships do not thrive based on one-time decisions.

5. Why do you think it's important to Jesus for us, His followers, to pick up our cross daily? What might it teach us?
6. What does this look like on a daily basis in the context of your life, for faith and relationships?

What's Next?

When we wake up every morning, we get to choose to follow Jesus. If we are married, we also get to choose the person we made a decision to marry regardless of our circumstances. We have to do it on a daily basis. We can't assume that because we decided one time to follow Jesus, that He will do the rest of the work. He expects us to engage our faith daily. The same is true of our relationships.

This week, as you live out your faith, don't get caught in the decision myth. Examine, in both your faith and in your close relationships, if you regularly choose to pick up your cross daily. Make a choice to invest in the people around you as well as your faith every single day.