

FIVE CONVERSATIONS FOR HEALTHY RELATIONSHIPS

What's Hurt Them.2:

FOCUS MORE ON THE PAIN (LESS ON THE CONDUCT)

Featured Scripture Reference:

*For I know my transgressions,
and my sin is ever before me.
Against you, you only, have I sinned
and done what is evil in your sight.
Psalm 51:3-4 (ESV)*

When expressing regret, focus more on the _____, and less on the conduct that caused the pain.

Things I want to remember from the video:



The wisdom in these lessons is thousands of years old and has been tried and found true by hundreds of millions of people.

QUESTIONS FOR DISCUSSION:

For you, what's the hardest part about focusing on their pain when you apologize? What steps can you take to get over that?

Think about a specific relationship in your life right now where the other person is feeling pain from the relationship. What will it look/sound like for you to express regret in that situation and focus on their pain?

WHAT? What lesson or truth do I take away from this session?

SO WHAT? Why and how does this truth or take-away make any difference in my relationship(s)?

NOW WHAT? What step will I take this week as a result of this lesson?

How I can be remembering group members this week:

