

Cultivate Discussion Guide

Relational Remix – How to Have Better Relationships September 28 and 29, 2019

If you missed this weekend's message, view it at cultivate.sc/discussion
For more information on how we're using the enneagram, visit sandalschurch.com/enneagram

Tips for leaders:

- Prepare for your group. Your goal is to choose the questions that will lead your group into REAL conversation about the topics most meaningful to you. It's okay if you don't answer them all!
- To help everyone follow along, ask them to print the Discussion Guide or pull it up on their phone.
- If questions remain unanswered, encourage women to work through them as they cultivate God's word on their own throughout the week.

Cultivate Truth: Pastor Matt encouraged us to have a heart to reach people with the love of Jesus. This might be as simple as a kind word, a smile to a stranger or a quiet prayer on behalf of another. It could be an act of service or an offering of your time, resources and talents.

No expression of His love is too small, but NO expression of His love isn't how we're intended to live.

Read 1 Corinthians 9:19-23 MSG:

“Even though I am free of the demands and expectations of everyone, I have voluntarily become a servant to any and all in order to reach a wide range of people...I didn't take on their way of life. I kept my bearings in Christ—but I entered their world and tried to experience things from their point of view...I did all this because of the Message. I didn't just want to talk about it; I wanted to be *in* on it!”

#1: Think about last week. Who did you reach with the love of Jesus? How? What motivated you to express His love - was it meeting a need, showing kindness, doing the right thing OR did you want to be liked, accepted, rewarded, etc.

Note: Be REAL about your motivation because as we continue to explore the enneagram, you'll find our motives as expressed through our primary type have a lot to do with our relational health.

Having better relationships means:

- accepting that people are different from you
- paying attention to how people receive you (self-awareness)
- asking for honest feedback from people you trust and respect

#2: What are some differences you have a hard time dealing with? Think pet peeve or that “thing” that rubs you the wrong way. Remember, this isn't about berating other people, but exploring why YOU can't deal.

#3: Describe what “accepting” differences looks like for you? Do you see them as human nature and try to cultivate relationships OR do you get critical, avoid those whom are different, etc.? Why do you think that is?

#4: How might becoming more accepting of people's differences impact your ability to maintain/grow/deepen your current relationships?

#5: If someone needs to communicate how they're receiving you, how do you want to hear it? A direct word, a pep talk, over your favorite food and a long walk on the beach, etc.?

#6: What have you learned through the enneagram that has helped YOU become more aware of how people receive you?

- **As a result, what are some steps you want to take to grow? This could be things you want to START doing or STOP doing.**
- **Be REAL and ask your group for feedback on whether you're on the right track!**

Dig Deeper Challenge: Take some time to think through this question in the week ahead. Pray and look to God's word for wisdom, even journaling your thoughts.

Does the understanding of how you accept people that are different AND what you've learned about how people receive you, shed new light on conflict you've experienced in past relationships? Thinking back to what we've learned - is there room to apologize, let the anger go or honor the person you're upset with?

Cultivate Prayer: We all need honest feedback, but it's important that it come from people we trust and respect. Prayerfully that includes the women in your community group. Break up into your prayer partners, or stay together as a group, if you prefer. Based on what you learned this week, be REAL and share:

- How you need to be prayed for this week? Be specific and honest.
- How can your prayer partner/group serve you with the love of Jesus - do you need quality time, words of encouragement, truth telling, a hug? This isn't about laying burdens or unrealistic expectations on each other, but offering one another the opportunity to tangibly support each other.

The Cultivate Podcast: A NEW episode of The Cultivate Podcast airs Tuesday, October 1. Tammy and Melody welcome special guest, Kayla Stoecklein for a two-part conversation on HOW TO: Be Kindness To People In Grief. While we can be well intentioned and have a genuine desire to help, too often in the face of grief we can say the wrong thing or avoid saying anything at all. Kayla helps us learn how we can be women who are wise and kind as we handle grieving hearts with care. Tune in wherever you listen to podcasts or at cultivate.sc/podcast.