

Cultivate Discussion Guide

Relational Remix – How to Deal with Family Drama October 12 and 13, 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.

Reflect: As you reflect on this weekend's message and consider your own family experiences, upbringing and perspective, answer the following:

#1: Define what "drama" means to you?

#2: We each have our own level of tolerance, so how do you respond to drama? For example: do you try to avoid it at all costs, work to resolve it or even thrive off it? Be REAL!

#3: Given what you've learned about yourself through the enneagram, share:

- **Why you believe you respond to drama the way you do?**
- **What a healthier response might look like for you?**

Cultivate Truth: We can rarely control other people's behavior and choices, but we can work toward being the best version of ourselves and who God has created us to be. As you consider owning YOUR PART in the drama – whether it be family, friendship, workplace, etc., hear God's heart...

With tender humility and quiet patience, always demonstrate gentleness and generous love toward one another, especially toward those who may try your patience. Ephesians 4:2 TPT

Lay aside bitter words, temper tantrums, revenge, profanity, and insults. But instead be kind and affectionate toward one another. Has God graciously forgiven you? Then graciously forgive one another in the depths of Christ's love. Ephesians 4:31-32 TPT

#4: Is there something you need to "lay aside" to instead cultivate humility, gentleness, and kindness – even toward those who may try your patience?

- **What are some practical steps you can take in that direction? Every step counts!**

#5: If you've learned to navigate difficult family members and avoid destructive ones, share what that looks like and how it's helped you personally.

#6: Forgiveness does not necessarily mean reconciliation or even ongoing relationship, but it can bring you closer to healing and freedom. Like Joseph, maybe you've begun to say, "You intended to harm me, but God intended it all for good." Are you ready to forgive?

Cultivate Prayer: Self-discovery through the enneagram can be uncomfortable. As we learn more about ourselves, our eyes are opened to both the beauty of who God has created us to be as well as the brokenness that enters our lives through adversity, sin...and drama! But God...is with us and for us and we need to trust Him in the process. Enter prayer time as a group, expressing gratitude that He's with you, then asking for what you need today. Hope, strength, courage? Forgiveness, healing, patience? More trust? Ask! He hears you!