



# Week 1

## DISCUSSION GUIDE

### Introduction:

We all have relationships. Some of our relationships are exactly what we want & need them to be, but if we're honest, most of our relationships could be better: healthier, more satisfying, or even just a little easier. Today, we begin a four-week conversation on relationships. We're not going to try to fix each other, we're just going to be honest about where we are, where we'd like to be, and what it might look like to take a step in that direction.

### Scripture:

1 Peter 3:8 — "Finally, all of you should be of one mind. Sympathize with each other. Love each other as brothers and sisters. Be tenderhearted, and keep a humble attitude."

*For More, Read & Discuss John 4*

### Discussion Questions:

1. How do your expectations shape your everyday experiences? (Meetings or classes, movies, family interactions, etc.)
2. Expectations play an important role in relationships as well. We all enter into relationships with expectations: expectations that come from a variety of sources. We may form expectations based on past relationships, the media we consume, or the relationships we observe in our families.
  - What is one expectation that you bring into relationships you are a part of?
  - Where do you think that expectation comes from?
3. Some expectations are healthy and realistic: we expect to be safe, respected, and treated fairly, but we can also bring expectations into relationships that set us up for disappointment. Some of us expect being in a relationship to fix our problems, but relationships generally don't fix problems; relationships reveal problems (family that notices you spend too much time on your phone, a significant other who points out your messiness, or any number of more serious issues).
  - Have you ever had a relationship reveal something in your life?
4. Another big expectation that some of us have is that relationships will be easy; that we can make *progress* without *effort*. Relationships are hard work.
  - What would happen if you approached your school or work the same way you approach your relational life?

### Take the Next Step:

Anything you are good at, anything that you are making progress at, you are probably putting work into. Anything you prioritize will generally show up in your checkbook or on your calendar. Think this week about your expectations of relationships and how those expectations compare to the work and resources that you are committing to those relationships. Do they match up? What should change?