

## Life Group Preparation Notes:

### Emotionally Healthy Relationships

#### Session 1 - Take Your Community Temperature Reading (CTR)

##### In preparation for Life Group:

**Watch Vimeo:** Session 1. Watch the session at home in preparation for life group.

<https://vimeo.com/332668548> (Password for vimeo link: EdgeChurch). Make notes as you watch. Share one phrase that impacted you most from the video in group time.

**Notes from the video - refer to them when watching the video:**

##### Something was Wrong; Something was Missing.

- People were growing in their love for God, but it wasn't translating into their love for other people.
- The quality of love inside the church was not really that different from the quality of love outside the church.
- We hit this wall.
- What is missing in our spiritual formation/discipleship and the way we handle our relationships?

##### We Call this Emotionally Healthy Spirituality.

- Emotional health and spiritual maturity are inseparable. It is not possible to be spiritually mature while remaining emotionally immature. (Matthew 22:27-39)
- Love God and loving others is the essence of true spirituality. (1 Corinthians 13:1-2)
- Paul links true spirituality with our ability to love other people well.
- We need to give people the skills to "do" the Bible.
- Every Christian needs practical skills in order to grow into emotional/spiritual adulthood.
- To get these skills you must experience or practice them.

##### Eight Emotionally Healthy Skills:

1. The Community Temperature Reading (CTR)
2. Stop Mind Reading and Clarify Expectations
3. Genogram Your Family
4. Explore the Iceberg
5. Listen Incarnationally (of Incarnational Listening)
6. Climb the Ladder of Integrity
7. Fight Cleanly (of Clean Fighting)
8. Develop a "Rule of Life" to Implement Emotional Healthy Skills



**Community Temperature Reading (CTR): What is it?**

- This is the building block for the rest of the skills that follow.
- The purpose: To discover and express your God-given voice and so build healthy relationships with others.

**The Five Categories:**

1. Appreciations

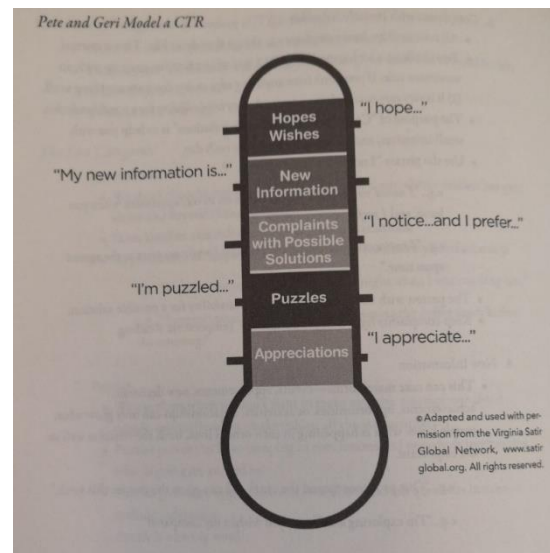
- We think them in our heads but often only say them when someone has gone above and beyond the call of duty.
- Some families and cultures never express appreciations.
- Appreciations are important to the life of any community or relationship.

2. Puzzles

- We use them when we don't want to make negative assumptions about people, especially when we don't have all the information.
- Puzzles prevent us from jumping to conclusions and negatively interpreting what is going on around us.
- Puzzles give us an opportunity to slow down and ask questions instead of making judgements.
- Puzzle is a loving word.

3. Complaints with Possible Solutions

- All relationships have complaints or things they don't like. This is normal.
- Two challenge with complaints (1)Some of our families grew up with an unwritten rule. If you don't have anything nice to say, don't say anything at all. (2) It is very easy to complain and not take any responsibility for a possible solution.
- The purpose of "Complaints with Possible Solutions" is to help you with small irritations and annoyances that arise each day.
- Use the phrase "I notice... and I prefer..."
- The person with the complaint takes responsibility for a possible solution.
- Keep complaints light in the Community Temperature Reading.



#### 4. New Information

- This can take many forms - events, appointments, new decisions, achievements, opportunities, or activities. Relationships can only grow when people know what is happening in each other's lives, both the trivial as well as the important.

#### 5. Hopes and Wishes

- Hopes and wishes offer windows into our unique souls, revealing significant parts of who we are.
- Family life becomes richer as we support and listen to each other's hopes and dreams.

### **Group Time:**

**Worship:** Suggested song is "I can't believe" By Elevation Worship. Listen to the words of the song and pray back to God a phrase that stands out to you.

**Pray:** Take 2 minutes of silence to "be still and know that I am God." Psalm 46:10. Then pray prayers of thanks for His presence.

**Check-in:** Share what God has been saying to you from the past week as you spent time with Him.

**Purpose:** To start the journey of discipleship that deeply changes your relationship with others.

**Introduction:** "The essence of true Christian spirituality is to love well. This requires that we experience connection with God, with ourselves, and with other people. God invites us to "practice the presence of people", within an awareness of his presence, in our daily relationships. Sadly, the two are rarely brought together.

The Christians in the church in Corinth failed to make that connection. They were zealous, diligent, and absolutely committed to having God as Lord of their lives. They had the faith to move mountains, gave great amounts of money to the poor and, were incredibly gifted, but they did not love people. They did not link loving God to loving people.

Jesus always integrated the presence of God with the practice of loving people. He summarized the entire Bible for us in light of his unbreakable union: "'Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbour as yourself.' All the Law and Prophets hang on these two commandments." (Matthew 22:37-40)."

**Bible Study:** 1 Corinthians 13:1-3

**Group Discussion:**

1. How do you understand the words, “If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but have not love, I am nothing”?
2. How might this passage clash with your understanding of spiritual maturity?
3. As you think back over the past week, can you give an example of how you separated your love for God from your love for people?
4. How did your family of origin (the family you grew up in) share appreciations? Complaints? Hopes and wishes (each choose one)?

**Check-out and Prayer:**

Pair up, use the diagram above, starting with Appreciation and work your way to the top, take turns to give feedback to each other.

Remember to keep it light. Skip a category if nothing comes to mind.

Then pray a prayer of blessing and thanksgiving for the person you are paired up with. The person you pair up with in group for the first session will be your partner for the rest of the sessions.

**Application:**

- Decide when you will practice this skill before the next session. (for example, saying “I appreciate .....”) Pair up with someone from the group for the duration of the sessions.
- Write your response to the following questions in your journal:
- Print the notes and create a file for future reference. Bring your file to life group each week.
- I plan on practicing giving the above feedback:
  - With whom? \_\_\_\_\_
  - When? \_\_\_\_\_
- Print the notes and create a file for future reference. Bring your file to life group each week.

**Others:**

Watch for opportunities to share with others an aspect that has been meaningful to you from this session.

Taken from *Emotionally Healthy Relationships* by Peter L. and Geri Scazzero

Copyright © 2017 by Peter L. and Geri Scazzero

Used by permission of Zondervan. [www.zondervan.com](http://www.zondervan.com)