

Life Group Preparation Notes:

Emotionally Healthy Relationships

Session 8 - Develop a “Rule of Life” to Implement Emotionally Healthy Skills

In preparation for Life Group:

Watch Vimeo: Session 8. Watch the session at home in preparation for life group.

<https://vimeo.com/332670858> (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.

Develop a “Rule of Life” to Implement.

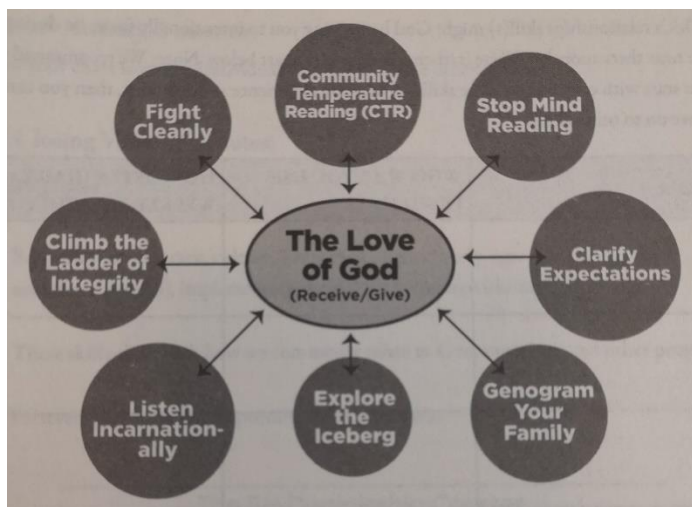
EMOTIONALLY HEALTHY SKILLS SUMMARY			
THE SKILL	ITS PURPOSE	USE IT WITH	WHEN TO USE IT
1. Community Temperature Reading	To increase awareness within yourself of your God-given value and to build healthy relationships with others	Spouse, children, extended family members, peers (in the classroom or workplace)	In groups of two or more—in formal settings and informal settings (5–30 minutes)
2. Stop Mind Reading	To clarify what another person is thinking instead of making assumptions	Anyone you think is making assumptions of you and anyone of whom you might be making assumptions	Anywhere, anytime, any setting (1–3 minutes)
3. Clarify Expectations	To recognize whether certain expectations are valid or not, and to clarify them with others	With anyone — friends, coworkers, schoolmates, employees, family	One-on-one with another person, or as a group (5–20 minutes)
4. Genogram Your Family	To become aware of, and break, unhealthy, sinful patterns in your family of origin to fulfill your God-given purpose	Alone or with a trusted friend, spouse, or mentor	By yourself or one-on-one (10–45 minutes)
5. Explore the Iceberg	To become aware of your emotions with the goal of processing them and discerning God’s will	Alone or out loud with another person	By yourself (in your journal) or out loud with another person asking you the sentence stems (5–20 minutes)
6. Listen Incarnationally	To listen at a heart level with empathy, attuned to the words and nonverbal cues of another person (i.e., the other person feels felt by you)	Spouse, family members, close friends, colleagues, or significant others	Set aside a specific, uninterrupted time. (5–20 minutes)
7. Climb the Ladder of Integrity	To clarify your values by processing your thoughts and feelings (and, if appropriate, to assert yourself respectfully)	Anyone—friend, spouse, coworker—you have tension with and know fairly well	Begin by yourself (in your journal) or with a neutral person. It takes time to mine those core values that are important to you. (15–45 minutes)
8. Fight Cleanly	To resolve a conflict maturely by: 1) eliminating dirty fighting tactics 2) taking responsibility for a difficult issue	Everyone—friends, spouse, coworkers, fellow church members, family members	Starting out, do this with one other person. Once you’ve mastered this skill, you can then begin using it in other settings. (45–70 minutes)

Create a Rule of Life

- A Rule of Life is like a trellis, a structure to help you grow and mature, bear fruit for Christ.
- It is an intentional, conscious plan to apply the EH Relationship skills to all our relationships as a disciple in the new family of Jesus.



As you craft your Rule of Life, consider the previous 7 sessions reflected in the diagram below:



Group Time:

Worship: Suggested song is “Do it Again” 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 which of the last seven sessions has impacted you the most. Briefly explain.

Purpose: The goal of this session is to create a specific plan to implement the Emotionally Healthy Relationship Skills into your life in order to transform your relationship with God, yourself and others.

Introduction: “Ordering our lives so that we are intentionally paying attention to God, and remembering him in all we do, is no small task. Our crammed schedules, endless to-do lists, demanding jobs and families, noisy surroundings, and anxieties keep us from making the changes we desire.

We often find ourselves unfocused, distracted, and spiritually adrift. Nurturing a growing spirituality in which we love God and others well calls for a conscious, purposeful plan.

To implement what we have learned and reverse decades of unhealthy ways of living, requires thoughtfulness. To help us do this, we will uncover an ancient, buried church treasure called the “Rule of Life”.

Bible Study: Luke 14:25-30

Group Discussion:

1. The word hate is a common Hebrew exaggeration used to make a point. In what sense is Jesus asking us to “hate” our family and even our own life?
2. When a person carried a cross in first-century Palestine, this meant they were about to be executed. In this light, what do you think might be the implications for you to “carry your cross” and die, especially as it relates to implementing these new skills you have learned in these sessions?
3. How does Jesus’ story of the person building a tower illustrate the challenge before us in making long-lasting changes in our lives?
4. Share which skills you have found most helpful?
5. What positive impact are you experiencing now in your life and relationships as a result of using these skills?
6. Which relationships skills might God be inviting you to intentionally focus on during the next three months? Write it/them down in the chart below. Notes: We recommend that you start with only one to three skills. When you experience some success, then you can move on to other skills.

SKILL	WHO WILL YOU USE IT WITH?	HOW OFTEN (DAILY, WEEKLY, MONTHLY)?

7. What obstacles come to mind when you think about implementing these skills into your life? What obstacles or problems might you face if you don’t implement them?

Share with the group one or two steps you could take to overcome the obstacles you just identified.

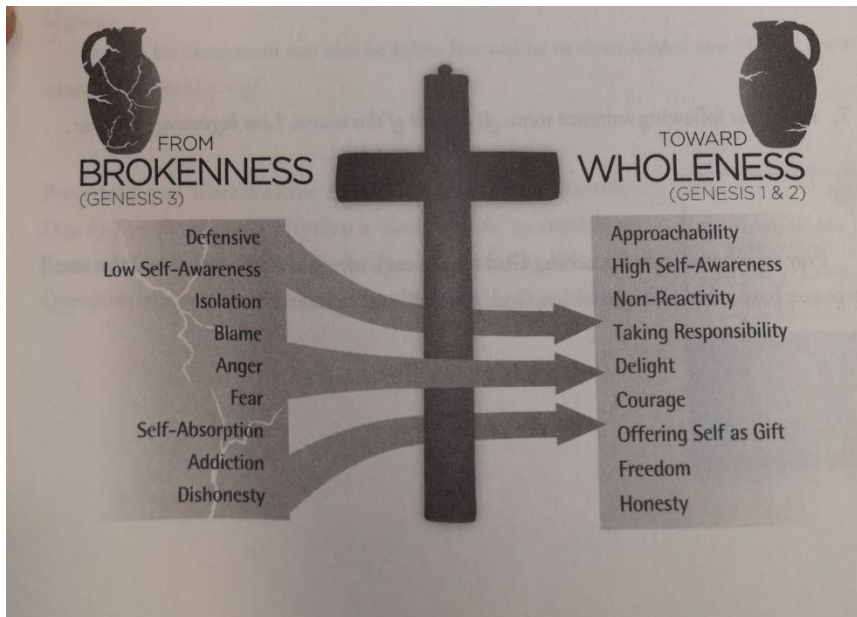
Check-out and Prayer:

Share one hope or dream you have as you go forward with these skills and then complete the sentence: As a result of this course, I am beginning to realize_____.

Pray together as a group, asking God to help you keep on with the steps you have taken to increase your love for God, yourself and others.

Application:

Review the transformation and discipleship progression in the chart below.



Matthew 5:13-14,16.
We exist to be a gift and blessing to the world. We do this first and foremost by loving others.

Identify where you have experienced personal growth and give thanks to God for that.

Others:

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

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