

Growth Group Discussion Q's

April 5, 2026

- **Fun Discussion Starter:** When was the last time you danced (either alone or with a partner)? What was the occasion?

Unity & Conflict

Series Review:

- Relational unity is at the heart of our common union with Jesus reflected in his prayer on our behalf in John 17:20-23. In Jesus words, relational unity in the church displays the experiential reality of Jesus and his divine love in the church.
- Though conflict can temporarily disrupt our relational unity, navigating conflict with godly maturity and love can actually serve to strengthen our relationships when we seek to “bear with one another, forgive one another and love one another” according to Col 3:12-14.

What do I do with my emotions?

This past Sunday, we examined how to navigate the difficult and painful emotions that regularly accompany conflict.

What is my Responsibility?

First, it is vital that we understand that what we feel is our responsibility. While there may be circumstances, actions or words of another person that trigger my hard or painful emotions, they are intrinsically mine and therefore I have responsibility for them.

- Why is the temptation to shift blame (and therefore responsibility) to the person whose behavior or words triggered my difficult emotions feel attractive?
- What are some of the downsides of giving responsibility (power/authority) for our difficult emotions to another person – especially the one who has offended us?

What does taking responsibility look like?

Naming Our Emotions

Am I feeling stressed, pressured, sad, lonely, happy, content, angry, frustrated, resentful or annoyed? Naming our emotions help us to understand our heart and describe what we are feeling. They are helpful markers to point to areas of unmet emotional and relational needs.

- What are the words you commonly use to describe what you are feeling in any given situation?
- Do you sometimes have a hard time describing your emotions?
- How do you think you can grow in this skillset?

Observing Our Triggers

Making observations about what triggers certain emotional responses can help us discern between helpful and appropriate emotions (ie. sadness due to loss) or disproportionate emotional responses that don't match reality (ie. fear of abandonment in an otherwise secure relationship).

- Name some situations where fear or anger might be a completely appropriate and helpful response.
- Can you think of any situations where fear or anger or sadness feels less helpful or appropriate?
- Are there certain relational situations that are particularly triggering (where you feel particularly sensitive) for you?

Regulation

Regulating emotions is our ability to self-soothe and calm our nervous system when it is experiencing anxiety, fear, anger, irritation, offense, and the like. It buys us time to reengage our executive function (our mind) and make good decisions about how to respond.

- What have been some helpful practices that you use to calm yourself when you are feeling some of the difficult emotions listed above?
- James 1:19-20 "Everyone should be quick to listen, slow to speak and slow to become angry..."
- How does actively regulating our emotions when they rise suddenly, help us emulate this godly attribute?

Transformation

As we align our hearts and minds to God's Spirit within us, we will grow in our ability to choose the good and reject evil. In time, this practice moves us toward maturity as Christ is increasingly formed in us.

- Romans 12:2 "Do not be conformed any longer to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve the will of God."
- How have you seen positive growth toward Christ likeness in your life in recent years?
- How does practicing the skills above with the help of the Holy Spirit transform us?