

Small Group Series

It's Ok To
Not Be Ok

It's Ok to Not be Ok

Small Group Lesson: Week 3

Message: Singleness, Marriage & Divorce

Main Idea: How to cultivate deeper relationships with anyone.

Main Scripture: Psalm 88

Group Check In: How is the "It's Ok to Not be Ok" series going for you?

Prayer

Connect: Who was your first crush and what were they like?

Video: 10 minutes 16 seconds

In the Word:

1. Psalm 88

- Rightly or wrongly, what does the Psalmist blame God for?
- What are the signs of the psalmist's hope in God in this Psalm?

2. Matthew 19:3-12

- For many of us, we feel like the Psalmist when it comes to unfilled or broken relationships. Jesus said God made an accommodation in the law for relationship weakness. What is the weakness? What might that tell us about some of our relationship failures?

Application:

1. How do you identify with the writer of Psalm 88?
2. Like the Psalmist, how will you let God care for you when you are in misery and despair?
3. What are your replacement habits for the 5 ways to destroy a relationship? (Video)
4. Share a story where asking questions and listening, instead of expressing your viewpoint or opinion, created a deeper connection with someone. Brainstorm on possible open ended questions that could deepen a relationship. (Video)

Prayer - We need you Lord. Look upon us with your grace filled eyes. Help us to not dishonor or damage another human being. Help us to know and experience the reality of your profound love. We are honored to be known as your children. It is in Jesus name we pray, amen.