



"Staying in Love"

March 2 & 3, 2019

Guest Speaker- Sean Donohue, Family Coach
and Founder of Parenting Modern Teens

INTRODUCTION

The Lord God said, "It is not good for the man to be alone." Genesis 2:18

DISCUSSION QUESTIONS

Sean told a story about how much he was impacted by a simple lunch with his basketball coach Mr. Rick Steen, at Jack In The Box.

1. Do you have a similar story of how one person positively affected you in a short time?
2. Read Matthew 26:37-40
Sean helped us to see how Jesus, in his time of pure pain, heartache and emotion, did not avoid, act out, people-please, lash out or self-medicate.
 - a. Discuss the triangle of doom aka, the triangle of reaction, aka the triangle of armor.
3. How can we use this Scripture and Jesus' example to help us to stop our reacting, stop putting up armor, and to instead respond as Jesus did, with vulnerable, human connection?
4. Sean spoke about the importance of vulnerability.
 - a. Do you have people in your life who you are completely vulnerable and honest with?
 - b. Why is vulnerability so hard for us humans?
 - c. Who did you learn vulnerability from?
5. Sean spoke about how hard it is for men in particular to emotionally connect with people: Their spouses, their children, their friends.
 - a. Do you agree with him?
 - b. If yes, why is this difficult for men...and women?
6. The Bible tells us, "It is not good for man to be alone." How can you live this verse out in your everyday life?

COMMIT TO MEMORY

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THOUGHT FOR THE WEEK

Sean talked about the power of BBQs, long walks and asking people intentional, personal questions. Is there a question that you enjoy good friends asking you?

PRAY FOR EACH OTHER

Share prayer requests and close in prayer. Commit to praying for one another throughout the week.