

The Biggest Issue in Your Relationships

2024-06-24 • PASTOR MATT ROSE



Philippians 2:1-11

FOR THE LEADER

These questions help you run the conversation. They are not your study. Get into the passage yourself first, because your group needs what God taught you, not just a list of questions. These also lean on Sunday's message, so a few will not land for anyone who missed it. Watch it before you lead.

WHAT THE MESSAGE WAS ABOUT

Of all the habits that pull relationships apart, contempt is the biggest predictor, and it usually arrives dressed as sarcasm. Pastor Matt showed how it grows: you keep count of the other person's wrongs until you quietly feel superior to them. Philippians 2 hands us the antidote, the mind of Christ, who counted others above himself. And Pastor Matt was honest about the gridlock in his own marriage: he is restlessly ambitious, his wife is content, and neither will convert the other. Gridlock resolves when both people change toward Christ, not when one becomes the other.

To get started

- When did sarcasm last do real damage in a conversation you were part of?

Looking back at the message

Contempt is the heaviest of the four. Handle it without letting anyone diagnose their spouse in absentia.

- 1 Pastor Matt said you can make someone feel called a name without ever calling them one. How does that happen?
- 2 Pastor Matt said contempt grows from keeping count of the other person's wrongs until you quietly feel superior. What have you been keeping a tally of?
- 3 Pastor Matt described the permanent difference in his own marriage: he is restlessly ambitious, his wife is content, and neither will convert the other. What difference like that exists between you and someone close to you? OPTIONAL

Looking at the passage

Read Philippians 2:1-11. Verses 3 and 4 are the direct answer to contempt.

- 4 Read Philippians 2:1-4. What attitude gets ruled out, and what replaces it?
- 5 Read verses 5-8. What did Christ give up, and how far down did he go?
- 6 Read Philippians 4:8. What are we told to think about, and how would that fight contempt?
- 7 How is counting others above yourself different from thinking less of yourself? OPTIONAL

Bringing it home

The partner puff piece is a concrete assignment. Suggest people actually do it.

- 8 Pastor Matt suggested promoting the positive instead of counting the negative. What is one true, good thing about the person you are most frustrated with?
- 9 How has scrolling and comparing fed your frustration at home?
- 10 What need have you never actually said out loud to the person who could hear it?
- 11 Pastor Matt said gridlock resolves when both people change toward Christ, not when one becomes the other. How does that change what you are hoping for? OPTIONAL

The group together

A group can become a place where people complain about people who are not there. Guard against that.

- 12 How do you talk honestly about a hard relationship without it turning into complaining about someone who is not in the room?
- 13 Who could you write or tell something genuinely admiring this week?
- 14 What would a culture of appreciation look like in this group?

BEFORE YOU FINISH

What is one thing you will say this week to build someone up instead of scoring a point?

You might pray about

- For relationships where contempt has already set in
- For eyes to see what is good in the people closest to us
- For humility that looks like Christ rather than defeat