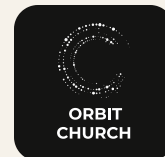


Get It Together

2024-07-01 • PASTOR MATT ROSE



Ephesians 4

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

Stonewalling is when one person shuts down in the middle of a conflict: the wall goes up, the eyes glaze, the conversation dies without being resolved. Pastor Matt described his own warning signs, the fast breathing and the buildup, and his wife's, the freeze. Ephesians 4 pictures the church as a body held together by every supporting ligament, each part doing its work. Getting it together starts inside: noticing your own signals before things go off, and listening to understand instead of loading your answer.

To get started

- What happens in your body right before an argument goes bad?

Looking back at the message

He read out a detailed example of how it plays out between him and his wife. That level of specificity is what makes it useful.

- 1 Pastor Matt described his warning signs before he shuts down: fast breathing and a buildup. What are yours?
- 2 Pastor Matt described the cycle: one person shuts down and goes silent, and the other keeps knocking harder. Which one are you, and what does it feel like from your side?
- 3 Pastor Matt said focusing on understanding actually calms the listener down too. When have you felt that work? OPTIONAL

Looking at the passage

Read Ephesians 4:14-16. The ligament image is about each part doing its own work.

- 4 Read Ephesians 4:14-16. What is the picture of the body, and what holds it together?
- 5 The phrase speaking the truth in love uses both words on purpose. Why do we need both?
- 6 Read verses 17-24. What gets put off, and what gets put on?
- 7 Read James 1:19. How does that verse coach a hard conversation? OPTIONAL

Bringing it home

A plan made in calm is what saves a conversation later. Encourage people to make one.

- 8 Pastor Matt suggested making a plan together, in a calm moment, for what to do when the next argument starts going wrong. What would your plan say?
- 9 What signal could you agree on that means pause, not shut down?
- 10 Where in your life do you go quiet instead of dealing with something?
- 11 In which relationship could you practice listening instead of loading your answer? OPTIONAL

The group together

This closed a four-week series. Ask what changed over the month.

- 12 Of the four patterns, criticism, defensiveness, contempt, and stonewalling, which one is yours, and how do you know?
- 13 The passage says every part supports the whole. What is your part in this group?
- 14 How could this group hold onto what changed during this series?

BEFORE YOU FINISH

What is your plan for the next time a conversation starts going wrong?

You might pray about

- For conversations that have never been finished
- For self-awareness before things escalate
- For a church made of people who are each doing their own part