



DISCUSSION GUIDE

PART 2: The Destructive Four

DATE: 02-11-2024

START

We have all encountered a time in our lives where our actions didn't align with what we believe. This is difficultly lived out when it comes to our words. We teach what behaviors and words we want others to live out, but all too often when we meet frustration, unmet expectations, or any other obstacle we don't live out what we talk about.

- When has there been a time when your words and actions didn't align with what you teach?
- How can we better align our actions with what we teach to others?

READ

[James 1:26](#)

“Those who consider themselves religious and yet do not keep a tight rein on their tongues deceive themselves, and their religion is worthless.”

THINK

As we look at the destructive four when it comes to our words, the first two are complaining and lying. Complaining shrinks our hippocampus, increases stress, and is contagious to those around us. When we complain we are nurturing harmful consequences within us and to those around us. Similarly, lying pushes people away and creates barriers that leave us in isolation.

- How have you seen complaining affect your life?
- How can you create rhythms of gratitude to combat the complaints in your life?
- Why are micro lies more harmful than macro lies?
- What is a micro lie you have told yourself that you need to be truthful about?
- What does love look like in regards to complaining and lying?

PRAY

Jesus, help me cultivate gratitude in my life in order to combat the complaints that I have and that I hear from others. Help me to not fall in to the trap of small, or big, lies that will distance me from others.

ACT

This week, write down something different every morning that you are grateful for and reflect upon that when you feel complaints rise within you. Confront the small lies that might be prevalent in your life and ask what love looks like in these situations.