



## Study Guide, Episode 71-How to Improve & Strengthen Family Relationships

*Matthew 19-20, Mark 10, Luke 18*

00:00-11:00	"QOTW: How can I strengthen/improve marriage & family relationships?"
11:02-27:39	"Families were made to be eternal from the beginning"
27:40-37:42	"Love yourself, love others like yourself, & be like a child"
37:43-45:09	"Ask: 'What lack I yet?' & 'Bear your cross & follow Him'"
45:10-59:49	"Don't compare; face envy; What's the loving response?"
59:50-END	"Remember your relationship with Jesus & Ask for help"

1. How are your current relationships—with your spouse/partner, child(ren), parents, siblings, friends, others? Which feel stronger than others? Which are in need of improvement? Spend some time pondering & writing about this in your journal.
2. Consider times when you disagree, argue, or need to talk with a family member about a hard topic. Do you ever approach in a negative, hard, or aggressive manner? Consider trying the "soft start up," mentioned in 11:02-27:39, taking into account the timing, tone of voice, emotion, and words you use. Use "I feel..." instead of "you are...". You may even practice what to say before you begin.
3. How well are you currently caring for yourself? Are you practicing self-care? Addressing your needs? Asking for and receiving help when you need it? If not, what is standing in your way? Remember: you cannot love others fully if you have not first cared for and learned to love yourself. Write about this. Reach out for professional help from a therapist or trusted loved one as needed.
4. Ask in prayer, "What lack I yet?" Listen. Hear. Feel the Spirit whisper what's most needed for you to work on right now, and receive it with humility & grace. Be willing to work on that thing, and ask for help as needed. Ponder how developing humility might alter your marriage or family relationships? What might you do this week to develop greater humility?
5. When life feels unfair, question if you're comparing. What is the loving response? Try to step outside the situation, imagine you're the other person, or someone else, and see it from their view. Getting "out of the box" we tend to be in can help us respond to others with love and not envy, judgment, or unkindness.

### Resources

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