



## **BAD BLOOD**

FINDING PEACE IN OUR  
RELATIONSHIPS

### **SESSION 1: THE EMPATHY LENS**

Finding peace ABOUT a difficult relationship even when you can't find peace IN the relationship.

#### **VERSE**

"If it is possible, as far as it depends on you, live at peace with everyone."

**Romans 12:18**

#### **TAKE AWAY**

In a difficult relationship, empathy can be the key to opening a dialogue that leads to a healthy relationship.

#### **PRE-VIDEO TABLE DISCUSSION | 6:30 PM**

**Question:** Is there someone you know that seems to keep the peace with everyone?

- How do you think that's possible?

#### **PRAY - VIDEO SET UP | 6:50 PM**

### **WATCH THE VIDEO | TAKE NOTES**

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## **GROW** | Post Video Discussion

[1]. **DISCUSS:** Talk about a relationship in your life that you value and appreciate.

**QUESTION:** What are some things about that relationship that make your life better?

[2]. **QUESTION:** When have you witnessed bad blood entering a relationship between two people?

- How did the people respond?
- What was the outcome?

[3]. **REFLECT:** Empathy is “feeling what another person feels.”

**QUESTION:** Do you think our culture values empathy?

- Why or why not?

[4]. **REFLECT:** Read **Romans 12:18**

**QUESTION:** What are some negative feelings, attitudes, or behaviors you tend to contribute to your relationships?

- How do those feelings, attitudes, or behaviors make it difficult for you to live peacefully with others?

[5]. **QUESTION:** What are some possible risks of following Jesus by taking the long walk of empathy in a bad-blood relationship in your life?

- Do those risks make it difficult for you to believe that empathy is worth the effort?
- Why or why not?

[6]. **QUESTION:** Are you currently struggling with a bad-blood relationship?

- If so, what can you do between now and the next session to take on the other person’s perspective?
- How can this group help you?

## **DIGGING DEEPER: The Empathy Lens**

[1]. **QUESTION:** How can having empathy change a situation?

[2]. **QUESTION:** Is having empathy something that comes easy for you?

- Why or why not?

[3]. **QUESTION:** Do you sometimes expect someone else to have empathy toward you or your situation?

- How did it make you feel when someone showed empathy toward you?
- How did it make you feel when someone did NOT show empathy toward you?
- What can you take away from this?

[4]. Read **Romans 12:18** again.

**DISCUSS:** “If it is *possible*...”

**QUESTION:** Is this an easy out?

- What are some ways that may make it possible to move toward peace, which you may not have previously considered?

[5]. **DISCUSS** What does “...as far as it depends on *you*...” look like?

**QUESTION:** Why is this important in your relationships?

- To whom does this change the focus?
- What depends on you?

[6]. **QUESTION:** How important is peace to you in your life and in relationships?

- Why is looking at the situation from “the other side” beneficial?
- In a difficult situation, what is the key to opening a dialogue to a healthy relationship?

**PRAY** | 7:55 PM

Before wrapping up the night, how can the group pray for you? How can you pray for your group this week?

**DISMISS** | 8:00 PM

Join us next week for **Session 2:** Holding On



## **BAD BLOOD**

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### **SESSION 2: HOLDING ON**

What should you do about “bad blood” relationships? Learning this one thing will help you find peace.

#### **VERSE**

“Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everyone. If it is possible, as far as it depends on you, live at peace with everyone. Do not take revenge, my dear friends, but leave room for God’s wrath, for it is written: “It is mine to avenge; I will repay,” says the Lord.”

**Romans 12:17-19**

#### **TAKE AWAY**

Unforgiveness shuts God out. Forgiveness allows God in.

#### **PRE-VIDEO TABLE DISCUSSION | 6:30 PM**

**Discuss:** Talk about a grudge you knew someone held for a long time.

- Did you, at that time, believe it was justified?
- Were there signs this person would eventually forgive? Why or why not?

#### **PRAY - VIDEO SET UP | 6:50 PM**

### **WATCH THE VIDEO | TAKE NOTES**

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## **GROW** | Post Video Discussion

[1]. **QUESTION:** When someone wrongs you, do you tend to hold a grudge or get over it quickly?

- How does that tendency affect your relationships?

[2]. **QUESTION:** Has your relationship with someone ever been affected by his or her bad blood with someone else?

- How did the person's bad blood make things difficult for you?
- What did you do?

[3]. **QUESTION:** When someone wrongs you, do you think it's realistic to "leave room for God's wrath"?

- Why or why not?

[4]. **REFLECT:** Read **Romans 12:17-19**

- Think about a "bad-blood" relationship in your life.

**QUESTION:** If you trust God and move toward empathy and forgiveness, what might it cost you?

[5]. **QUESTION:** Is there someone you need to forgive—even if that person doesn't want your forgiveness?

- How might moving toward forgiveness improve your quality of life and positively affect your other relationships?

[6]. **QUESTION:** What is one thing you can do before the next session to take a step toward forgiveness in your bad-blood relationship?

- How can this group help you?

## **DIGGING DEEPER: Holding On**

[1]. **QUESTION:** Why is forgiveness a process?

[2]. **QUESTION:** What is the difference between peace **about** the situation vs. peace **in** the situation?

- How does this change your perspective in your situation?

[3]. **QUESTION:** What does unforgiveness do to a person?

[4]. **DISCUSS** the process and emotions when "leaving room for God's wrath".

[5]. **QUESTION:** Why and how do hurting people hurt other people?

[6]. **QUESTION:** When you trust that “God is going to do what He is going to do in your situation”, what can you then do?

**PRAY** | 7:55 PM

Before wrapping up the night, how can the group pray for you? How can you pray for your group this week?

**DISMISS** | 8:00 PM

Join us next week for **Session 3: A Conversation or a Confrontation**



## **BAD BLOOD**

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### **SESSION 3: A CONVERSATION OR A CONFRONTATION**

Jesus says if you have bad blood with another person, you should go and have a conversation with him or her. But why should you go, when should you go, and how should you go?

#### **VERSE**

“Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift.”

**Matthew 5:23-24**

“If your brother or sister sins, go and point out their fault, just between the two of you. If they listen to you, you have won them over.”

**Matthew 18:15**

#### **TAKE AWAY**

REPENT = I. Take full responsibility; II. Make No excuses; III. Lay out a plan

#### **PRE-VIDEO TABLE DISCUSSION | 6:30 PM**

**Discuss:** If someone called you to make up for a past wrong, how would that conversation go?

- Good or bad? Explain why with the group.

#### **PRAY - VIDEO SET UP | 6:50 PM**

#### **WATCH THE VIDEO | TAKE NOTES**

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**GROW** | Post Video Discussion

[1]. **QUESTION:** How comfortable are you with confronting someone who has wronged you?

- How comfortable are you with apologizing to someone you've wronged?
- How do you think those tendencies affect the quality of your relationships?

[2]. **REFLECT [WORK IT OUT]:** As a group, take a few minutes to list why people avoid confrontation.

- When you're finished, look through your list together.

**QUESTION:** How many of the items are about concern for the other person?

- How many of the items are about personal comfort or self-interest?

[3]. **REFLECT:** Read **Matthew 5:23-24:**

"Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift."

**QUESTION:** Has your "bad blood" with another person ever affected your relationship with God?

- If so, how?

[4]. **REFLECT:** Read **Matthew 18:15:**

"If your brother or sister sins, go and point out their fault, just between the two of you. If they listen to you, you have won them over."

- Respond to Jesus' command.

**QUESTION:** Does it seem realistic?

- Why or why not?

[5]. **QUESTION:** Is there a person to whom you need to repent because of the hurt you've caused?

- If so, what can you do before the next session to take full responsibility, make no excuses, and lay out a change plan?

[6]. **QUESTION:** Is there someone with whom you need to have a conversation?



- Before the next session, what steps can you take to go and have that conversation?
- How can this group help you?

### **DIGGING DEEPER: A Conversation or a Confrontation**

[1]. **QUESTION:** What should you do when someone has something against you, or you have something against someone?

- What does it look like to take the first step and “go”?

[2]. **QUESTION:** When seeking reconciliation, why is confessing your wrong (repentance) so powerful?

[3]. **REFLECT and DISCUSS:** Repentance looks like:

- Taking full responsibility for your wrong.
- Making no excuses for your behavior.
- Laying out a plan for your change.
- What does this look and sound like in your situation?

[4]. **QUESTION:** Romans 12:18 says, “If it is possible, as far as it depends on you, live at peace with everyone.”

- apply to tonight's lesson?

[5]. **REFLECT and DISCUSS:** Reconciliation requires turning a confrontation into a conversation.

- How does procrastination play into this process?
- Are you a procrastinator when it comes to hard conversations?

[6]. **QUESTION:** What are the benefits of applying Matthew 5:23-24 and Matthew 18:15 to your life?

### **PRAY | 7:55 PM**

Before wrapping up the night, how can the group pray for you? How can you pray for your group this week?

### **DISMISS | 8:00 PM**

Join us next week for **Session 4: Shaking The Dust Off**



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### **SESSION 4: SHAKING THE DUST OFF**

No matter how badly you want peace, some relationships may never be fully restored. But doing one thing can help you find peace in any relationship.

#### **VERSE**

“Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted. Carry each other’s burdens, and in this way you will fulfill the law of Christ. If anyone thinks they are something when they are not, they deceive themselves. Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else, for each one should carry their own load.”

**Galatians 6: 1-5**

#### **TAKE AWAY**

We are responsible to help carry each other’s burdens and responsible for carrying our own load.

#### **PRE-VIDEO TABLE DISCUSSION | 6:30 PM**

**Discuss:** Share when you felt it was necessary to place boundaries between you and another person.

**Question:** Is it difficult for you to enforce these boundaries? Why or why not?

#### **PRAY - VIDEO SET UP | 6:50 PM**

#### **WATCH THE VIDEO | TAKE NOTES**

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**GROW** | Post Video Discussion

[1]. **REFLECT:** Talk about a time when the negative consequences of your behavior taught you a valuable lesson.

**QUESTION:** How do you think your life might be different if someone had helped you avoid those consequences?

[2]. **QUESTION:** Do you find it more difficult to offer others help or to receive help from others?

- How do you think that tendency has affected your relationships?

[3]. **REFLECT:** Read **Galatians 6:1-5:**

“Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted. Carry each other’s burdens, and in this way you will fulfill the law of Christ. If anyone thinks they are something when they are not, they deceive themselves. Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else, for each one should carry their own load.”

- Talk about a time when someone helped you carry a burden.

**QUESTION:** How did that experience change your relationship with that person?

- How did it affect your relationship with God?

[4]. **QUESTION:** Have you ever had to wrestle with the question of whether your assistance to someone was doing that person more harm than good?

- If so, what happened?

[5]. **QUESTION:** Is there a relationship in your life where reconciliation seems impossible?

- If so, what can you do to begin to set healthy boundaries in that relationship?
- How can this group hold you accountable?

**DIGGING DEEPER: Shaking the Dust Off**

[1]. **QUESTION:** When and why do you need to create a boundary in a relationship?

[2]. **QUESTION:** Do you struggle with creating or holding boundaries?

- Discuss these struggles with your group.

[3]. **QUESTION:** Have you ever met someone who thinks they are “something” and they are not? Describe and discuss these characteristics.

- Galatians 6:3 says, “...they deceive themselves.” What does this mean?
- Has this ever been you?

[4]. **QUESTION:** Are you ever tempted to judge someone and their burden?

- Why is this wrong?
- Are you more ready to pick up binoculars to look at someone else's situation or a mirror to examine your own? Why?

[5]. **QUESTION:** What is the load you carry and how well do you carry it?

[6] **DISCUSS:** When we feel responsible for carrying one another's load, we **rob** them of experiencing the **outcomes** of their **decisions**.

- Talk about a time when you “robbed” someone of this experience.

**PRAY** | 7:55 pm

Before wrapping up the night, how can the group pray for you? How can you pray for your group this week?

**DISMISS** | 8:00 PM

**REMEMBER:** NEXT WEEK IS SPRING BREAK - RETURN 03.22.23