

Everyday Faith: For Christ's Sake, Be Normal

September 25, 2016

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Scripture

Mark 12:38-40

Matthew 6:1-8

Luke 8:9-14

Colossians 3:13-14

Four Skills for Real Conversations

- Recognizing and suspending your thinking or judgments.
- Expressing your thoughts, feelings, experience, or opinions without creating resistance in others.
- Asking questions to increase your understanding.
- Listening and attending to the messages that others are expressing verbally and nonverbally.

(Overcoming Fake Talk, by John Stoker)

Real Conversations: Go and Do Activities

(Pick one to fully commit to this week)

- Pick someone from your everyday life with whom you may be experiencing some conflict. Invite them to have a conversation where you share your hurts and invite them to share their experience to create mutual understanding.
- Make a list of 5 people that may include friends, neighbors, co-workers, etc. Ask them to sit down and share 1 or 2 things you could do to be a better friend, neighbor, co-worker, etc.

- Ask someone who has different beliefs to sit down and share why they believe what they do and ask if you can share why you believe what you do.
- Take some of our youth from Church for ice cream and ask them questions about what they are worried about in today's world. Sit in on a youth meeting at church and just listen.

Discussion Starters

- Tell us about a real conversation that was a game changer for you? In your faith? Your work? Your family?
- What would it take for you to initiate more real conversations in your everyday life?
- How does sharing your doubts and fears open up real conversations?

**For more discussion material, download
the Everyday Faith Study Guide at
MiddletownChristian.org.**



Group Life @ Middletown

If you are interested in taking part in a sermon-based discussion group or other small group, visit middletownchristian.org or contact Tracy Spann, tspann@middletownchristian.org to learn more.

Middletown Christian Church (Disciples of Christ)

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