



WEEK 4: Under Pressure

INTRODUCTION & OPENING QUESTION

We live in a world that is continuously seeking to redefine what true love is. Throughout Summer of Love II, we are going to explore the Biblical view of love. We will learn that a proper understanding of God's love changes everything. We will see how this affects our marriages, families, and relationships as a whole.

Share a time when you found yourself under pressure. How did the pressure change your responses and reactions?

DISCUSSION QUESTIONS

Instructions for the group meeting: Read each question out loud and give ample time for discussion. Then read through any Bible references for additional discussion and context. Close out the evening in prayer.

7 Ways To Love Well Under Pressure

- 1) Slow down. Proverbs 12:16, 14:17 & 14:29**
 - In the "heat of the moment," do you find it easy or challenging to stay calm? What are some things that help you slow down?
- 2) Stop talking and listen. Proverbs 18:2 & 18:13**
 - Share a time when you felt heard (listened to) by someone. How does that change the conversation and make you feel?
- 3) Seek common ground. Proverbs 16:21**
 - How does seeking common ground impact relationships? Share some ways you have seen it influence your relationships.
- 4) Say more by saying less. Proverbs 10:19-20**
 - Read Proverbs 10:19-20. Do you struggle with saying too much? What are some things you can do to help listen more in your conversations this week?
- 5) Soften your message. Proverbs 30:33, 25:15 & 15:1**
 - Share a time when you needed to soften your message to get a truth across.
- 6) Speak the truth lovingly. 1 Samuel 25:2-17**
 - Do you have any relationships where you need to change your approach? What are some ways you can better communicate with love?
- 7) Stay humble. Proverbs 15:33**
 - Describe someone you know who is humble. What characteristics stand out most?

TAKEAWAY - Identify one area you need to work on and take an action step this week.