



Discussion Guide for the week of May 8, 2011

Sermon Topic: Think it Through: in Relationships – Matthew 16:26 – Matt Cassidy & Christ Thurman

Introduction: This is the third week of our series called Think it Through, connecting our minds with our faith. This week Dr. Chris Thurman joins Matt to talk about biblical principles applied to relationships.

Study Questions:

Introduction

Read Matthew 16:26. The Greek word for soul is “psyche”. Some Christians don’t think that psychological principles are consistent with biblical teaching. Why do you think some believe that to be true? Is God concerned about our soul’s well being? Why do you think this?

Four Markers of a Psychologically Healthy Christian:

1. **Bonding:** willingness to meet the relational needs of others. **Read Matthew 20:26-27. What is your understanding of the principle of bonding in relationships? Is it easy or difficult for you to connect and bond with others? Is it easier for you to “take from others”, “give to others” or “receive from others”? Which is difficult for you?**

Here is the list of legitimate needs, God created for man to meet in each other, that Dr. Thurman spoke of: Acceptance, attention, affirmation, appreciation, comfort, encouragement, respect, security, support and understanding. **Give an example of how you have seen God use someone else to meet these needs in you and how you have been used to meet them in other people.**

2. **Beliefs:** committed to believing and living out Truth. **Read Philippians 4:8. Give examples of when wrong thinking had a negative impact on a relationship in your life? What other passages can you think of that relate to right thinking? Why is thinking rightly so related to our soul’s well being?**

Dr. Thurman specifically talked about the “lie of entitlement”. **What is this lie and how have you seen it lived out in relationships? Why do we sometimes reject both the Truth and the Truth teller?**

3. **Brokenness:** being humble by practicing Godly sorrow and forgiveness. **Read 2 Corinthians 7:10 and Colossians 3:13. What is the difference between godly sorrow and worldly sorrow? How does each have an impact on a relationship? Why is true humility so difficult? How have you seen a relationship grow deeper as a result of asking for forgiveness and giving forgiveness?**
4. **Boldness:** willing to face problems head on. **Read Proverbs 28:1. When you face difficulty, do you tend to “cut and run” or do you exercise courage to move forward? It takes courage to speak the Truth into someone else’s life. It also takes courage to face the Truth in your own life. How have you demonstrated both types of courage? How do God and others help you to be a better, healthier soul?**