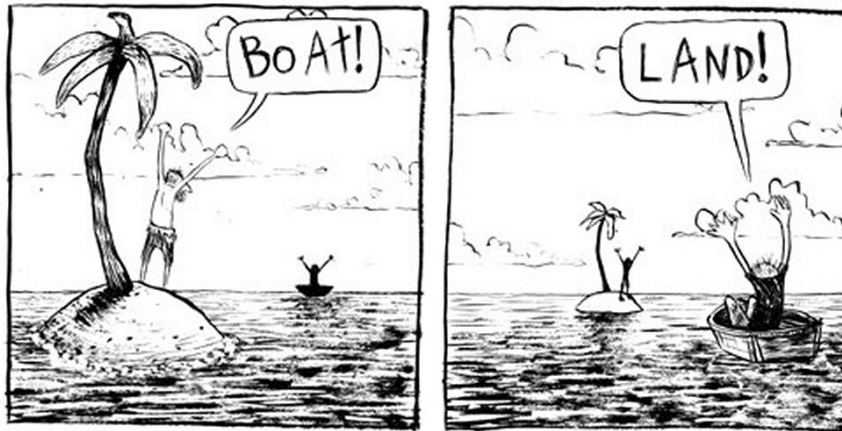


Unglued

Lysa Terkurst (adapted from a FaceBook study)

1. Imperfect progress is "slow steps of progress wrapped in grace." This means that we take slow steps to make changes in ourselves and our behaviour, knowing that we cannot do it alone and that we need God's help. What was your initial response to Lysa's description of imperfect progress? How can imperfect progress help you changing a behaviour you are not proud of? How is this concept of imperfect progress helpful as a Director to your Directee?



Perspective...

2. All of us experience frustration, anxiety, anger etc at some point and time. Take a step back and think perspective. Why is looking at our perspective important when dealing with circumstances?

3. "I can face things that are out of my control and not act out of control" Every action we engage in makes an impact in to eternity. Every word we say, every thought we think, every deed we act upon. With this in mind, why is it so important for us to be conscientious of the consequences of our unglued behaviour?

4. Labels are dangerous because “they imprison us in categories that are hard to escape.” What is the difference between labeling oneself and identifying one’s tendencies?

5. “Feelings are indicators not dictators. They indicate where your heart is in the moment, but that doesn’t mean they have the right to dictate your behaviour and boss you around. You are more than the sum total of your feelings and perfectly capable of that little gift from Jesus called self-control.”

Lysa identified four different unglued reaction types: Exploders who shame, Exploders who blame, Stuffers who build barriers, and Stuffers who collect retaliation rocks. Do you recognize yourself in any of the categories? Do you see your Directees in any of the categories?

- Exploders who shame
- Exploders who blame - when you blame you transfer your power in how to deal with the situation to the other person, you become a victim.
- Stuffers who build barriers - barriers shut down communication
- Stuffers who collect rocks

How can identifying our tendencies and developing strategies to avoid emotional turmoil (stuffing and exploding) help?

6. Can you see the importance of “predetermined procedures” in cases of raw emotions? What steps can you take/ or help your Directee to take to remain calm in stressful situations?

7. “Comfort zones don’t have to be comfortable—they are just familiar.” How can comfort zones trap you? God wants to bless your efforts, he just needs efforts to bless.

8. According to a study at Yale University, jealousy occurs when the following three conditions are present:

- A person receives negative feedback
- in a domain of life that is important to them,
- and they believe another person is performing successfully in that same domain

How can jealousy choke the joy out of person? How does the enemy of human nature try to use jealous thoughts to trick you?

9. "Toxic thoughts are dangerous because they leave no room for truth to flourish. And Lies are what reigns in the absence of truth."

How can assumptions affect our thoughts and behaviours (...I know that you think....)?

How can hyperanalyzing a conversation after the fact create problems?

"How a woman thinks is often how she lives!"

10. "Sabbath is the time set aside for my soul to breathe. Really breathe. Sabbath isn't just a time to be observed, it's a time to be preserved." Without giving that time to God to exhale with grace, we go into survival mode, making us more vulnerable to becoming "unglued". Discuss how a Rule of Life would be beneficial in helping our Directees keep "their" Sabbath.

11. How can being unglued be a blessing in our life?