



## PART 1: HUMBLE PREPARATION

Before we have a potentially difficult conversation, we need to look inward. In this session, we'll review four principles to prepare ourselves for an uncomfortable conversation.

### WIN

To be better prepared to have an uncomfortable but necessary conversation.

### CONNECT

On a scale from 1 to 10, how comfortable are you with initiating difficult conversations? What makes you say that?

### LEARN

Before watching the video together and discussing the questions provided, we suggest taking a few moments to pray. Here's a simple prayer you can use:

*Heavenly Father, we're grateful for the relationships we have, but we also know that they come with difficult conversations sometimes. Help us understand how we can better prepare ourselves and grow personally through uncomfortable conversations. Amen.*

After praying, watch the video for Part 1.

### APPLY

1. Growing up, how were difficult conversations modeled for you? Did your family of origin handle them well?
2. Do you typically take time to consider the other person's story or circumstances before confronting them about the issue at hand? Why or why not?
3. Before a conversation takes place, how often do you take into account the other person's temperament, wiring, and personality traits? What difference can that make?
4. Consider this statement from the video: "Our perspectives are incomplete and biased." Is that posture a struggle for you? Why or why not?





*How Faith Can Shape Our Approach*

5. Read **1 Corinthians 12:15–19** aloud where Paul is teaching the Corinthians how Jesus followers all contribute to the work of Jesus in their own way. How can that teaching also relate to how we approach difficult conversations?
6. When possible, having a healthy detachment before entering into a difficult conversation is ideal. What are some indicators to know if you have a “healthy detachment?”
7. Do you have a difficult conversation coming up? If so, what did you just learn that could be most helpful?

## **PRAY**

Close your time by taking prayer requests and ending in prayer.

