

MY APPLICATION

Use the following questions this week to reflect on what it would mean to align yourself with the truths taught in Scripture. Each question is meant for both personal reflection and as a catalyst for discussion with your family, friends, or small group.

1. Did your parents use anger, guilt, and shame when they disciplined you? Do you remember how it felt? How has it shaped you in view of yourself?
2. When you become afraid, do you tend to fight (anger) or flight (deny, minimize, blame)? Explore Paul's challenge to Timothy in 2 Timothy 1:7. What can you do to overcome the effects of fear?
3. How does God treat us when we sin? See Romans 8:1; Romans 2:2-4; Romans 5:8; 1 John 2:1-2; 1 John 4:16-18. How can we pass this on to our children?
4. Words are the lifeblood of relationships. Read Ephesians 2:29. Discuss how we can better use our words to build relationships.

MEMORY VERSE

"For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline."

2 Timothy 1:7