

This group is meant to facilitate discussion and meaningful conversations. The information below is derived from this week's outline.

Weekly Discussion Theme: Engagement

- **Leader shares:** Embracing engagement rather than avoiding confrontation can transform our lives. Avoiding difficult conversations or emotions often stems from fear or past negative experiences, but real growth happens when we face challenges directly. Effective communication plays a key role, whether it's using "I" statements to express feelings without blame, asking questions to understand rather than assume, or communicating without an agenda to foster authentic dialogue. It's also important to approach conversations with an open mind, recognizing that our perspective is just one piece of the puzzle. When we communicate with intention, openness, and respect, we create a space where both we and those around us can grow. Let's reflect on how avoidance and engagement have shaped our lives and how we can move forward with more confidence and connection.

Group shares:

- How has avoiding tough conversations hurt your relationships or growth?
- What fears keep you from engaging in difficult discussions?
- When have you felt unheard or frustrated in a conversation, and why?
- **Acknowledge:** THANK YOU for sharing!

Verse: 2 Timothy 1:7 (NIV): "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."

Scriptural Application: Avoiding difficult conversations may feel easier, but it often leads to unresolved pain and weakened relationships. God calls us to engage with truth, love, and courage rather than shrinking back in fear. When we choose to communicate openly and listen with humility, we create space for healing and deeper connections. Jesus modeled this by speaking truth with love, showing that confrontation, when done with wisdom and grace, leads to growth. Instead of fearing difficult discussions, we can pray for discernment and trust that God will guide us in fostering understanding and reconciliation.

Group shares:

- How has fear held you back in conversations, and when has courage led to growth?
- When has reacting without self-control hurt a conversation, and when has patience made it better?
- **Acknowledge:** THANK YOU for sharing!

10 Ways to Build Courageous Communication

1. Pray for wisdom and strength before tough conversations.

2. Use “I” statements to express feelings without blame.
3. Pause before responding to avoid reacting emotionally.
4. Ask questions and listen instead of assuming.
5. Face discomfort instead of avoiding hard discussions.
6. Set boundaries to keep conversations productive.
7. Speak truth with kindness and respect.
8. Stay open to learning and adjusting your view.
9. Reflect on past mistakes and successes.
10. Trust that God equips you with strength and self-control.

Group Shares: Which of these stands out to you the most, and is there anything you would add?

Acknowledge: THANK YOU for sharing!

Leader shares: Courageous communication isn’t always easy, but it strengthens relationships, builds confidence, and leads to personal growth. Avoiding hard conversations may feel easier, but it creates distance and unresolved tension. Choosing honesty, patience, and self-control helps you navigate challenges with clarity and peace. Every conversation is a chance to listen with an open heart, speak truth with love, and grow through discomfort. Even if the other person isn’t willing to communicate well, remember you can only control yourself, that alone is empowering and keeps you from feeling like a victim. When you approach communication with faith and intention, you create space for wisdom, healing, and stronger connections.

- **Leader shares:** An email will be sent shortly containing today's outline, along with a request to share resources discussed today. Additionally, you'll find essential links for joining the group, as well as links to join our Facebook group or follow us on social media to stay connected.
- **Closing:** As we close our group meeting, I encourage everyone to share anything else in your hearts and minds or to ask for prayer requests.
- **Stay connected:** imperfectpaths.com

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