



COMMUNICATOR GUIDE

Reality Show / Week 2

PRELUDE

SOCIAL

WORSHIP

STORY

GROUPS

HOME

BOTTOM LINE

Focus on fixing you.

GOAL OF SMALL GROUP

To help students understand that they have the power to affect the mood in their household.

SCRIPTURE

You used to walk in these ways, in the life you once lived. But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. Do not lie to each other, since you have taken off your old self with its practices and have put on the new self, which is being renewed in knowledge in the image of its Creator (Colossians 3:7-10 NIV).

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues

put on love, which binds them all together in perfect unity (Colossians 3:12-14 NIV).

CONTEXT OF SCRIPTURE

The fact that Paul had to write this shows us that there were relational problems in the Colossian church. In response to their struggles and conflicts, Paul reminds them to *rid yourselves of all such things*. Not "rid each other of all such things." In other words, in the face of relational conflict, Paul says we should focus on fixing ourselves. This was Paul's solution to the conflict in Colossae, and it's the solution when we're faced with conflict in our families today.

TEACHING OUTLINE

INTRODUCTION

Talking about your family can be kind of a downer sometimes.

TENSION

We hear the word *family*, and there's typically a tension we feel right away.



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TEACHING OUTLINE

Think of the mood of your house. The mood of your family. What is it? Think of it like a weather climate.

The truth is, all of our homes have a climate—a mood—when we walk in the door. But have you ever thought about how it got that way?

But here's a question: What if you're viewing this climate the wrong way?

Is it possible for you to believe that everywhere you go, you bring with you an incredible amount of power to affect the climate of the space you're entering?

Maybe you aren't *reacting* to a climate that already exists in a room; maybe you're *creating* one the moment you walk in.

TRUTH

The good news is, family drama isn't new. For as long as families have been around, there's been conflict, frustration, and annoyance.

In a letter to the church in Colossae, the apostle Paul gives us some pointers on what we can do when it comes to bringing a helpful climate into the world around us.

You might say living in Colossae was a bit like living in a family full of major differences.

Paul doesn't say, "Rid your sister of her anger, or rid your stepmom of her problems." He says, "Rid *yourself*."

Paul is telling us that if we can be responsible for bringing in a bad climate, we can also be responsible for bringing in a *good* climate.

In other words, instead of always looking for how people around us get things wrong, we can start believing the best about them.

And if we struggle to show things like mercy, compassion, and kindness, then the least we can do is LOVE. Because love, Paul says, binds us together.

Imagine what your home climate *might* feel like if you started bringing something different home with you.

APPLICATION

When Paul talks about this stuff, he isn't just talking about feelings. He says to "clothe yourself." That's an action.

In other words, you can focus on fixing you.

Paul's saying, "You aren't powerless. You can decide to change your attitude just like you change your clothes. You can focus on fixing you instead of blaming the people around you."

LANDING

You can change the climate by changing *your* attitude—by focusing on fixing you.



TEACHING SCRIPT

Reality Show / Week 2

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BOTTOM LINE

FOCUS ON FIXING YOU.

INTRODUCTION

1 MINUTE

Last week we started talking about our families. And we said that sometimes living in our families feels like we're in a reality show: There can be a lot of drama, crazy moments, and conflict. And even though we feel like it shouldn't be this way, it's our reality.

Talking about your family can be kind of a downer sometimes. Not many people hear the word "family" and think, *Yes! My family is awesome! I can't wait to talk about them. I wish I could hang at home every weekend. My mom is never frustrated, my stepdad is always there when I need him, my little sister doesn't annoy me, and my older brother is so sweet.*

Not exactly.

TENSION

5 MINUTES

We hear the word *family*, we typically feel a tension right away. There's frustration, anger, irritation, or sadness. It's almost as if when the topic of family comes up, a certain mood comes up in your emotions and personality.

And chances are, it's a totally different mood than the one you get when you think about your best friend, playing the sport or instrument you love, or going to see your favorite group in concert.

Think of the mood of your house. The mood of your family. What is it? Think of it like a weather climate.

TEACHING SCRIPT



What's the typical climate at your house when you get home?

- Is it warm and sunny all the time?
- Is it clear for a little while, then storms pop up out of nowhere?
- Is it tense and cold from the moment you walk in?

The truth is, all of our homes have a climate—a mood—when we walk in the door. But have you ever thought about how it got that way?

Maybe like me you assume the climate just is what it is. Your family is always annoying, so you're always ticked off. Or they're always ticked off, so you're always defensive.

But here's a question: What if you're viewing this climate the wrong way? **What if the tense climate at home isn't all about the other people who fill up the space, but actually has a lot to do with you? What if the mood of your home is affected by the climate you bring with you when you show up at home?**

Just humor me for a moment. Is it possible for you to believe that everywhere you go, you bring with you an incredible amount of power to affect the climate of the space you're entering? Now think about that in terms of your home. Is it possible for you to believe that, while your parents and siblings play a role in that, they aren't the only ones?

Let's say you walk into your house, and you're excited to share some news with your dad. But he's on the phone, so you get annoyed and frustrated. Well, what if he didn't even know you'd come home when you did? And how was he supposed to know that you wanted to share some exciting news with him? All of a sudden you're bringing an annoyed and frustrated climate with you, but all the while, he has no idea why.

Let's say you wanted to watch something on TV. But when you walk in the living room, your little brother and sister are watching something else. So you get upset and bring a grouchy climate toward them. But when they turned on the TV, you weren't in the room. So maybe they wanted to watch something on TV because they were the only kids in the room, and for once they got to choose. It's possible that they didn't monopolize the television just to annoy you.

In other words, we tend to walk into a room and feel a temperature change. But that's not necessarily because of who was already there. What if it was because of what you brought with you? **Maybe you aren't reacting to a climate that already exists in a room; maybe you're creating one the moment you walk in.**

Isn't it true that you react differently at home than you do at school? Your tolerance for your friends, coaches, even your teachers, is way higher than it is with your family. It doesn't mean that the people who aren't your family don't annoy you, you just know how to keep it in check. **But when you come home, you bring all the frustration from the day with you, and the people you unload it on are the ones who live in the same house with you.**

Now, I get it, your little sister is probably more annoying than your Biology teacher, and you have the right to be frustrated over some things. **But that doesn't mean that you're not responsible for the mood you carry in to the room when you walk in.**

Think about it . . .

- . . . even if your mom drives you crazy
- . . . even if your dad is clueless
- . . . even if your siblings seem like they were put on this planet to annoy you to death

. . . it doesn't mean they're the only ones who can influence the mood of your family.

So what do you do when you get home and feel immediately frustrated? When your mood automatically tanks? When you'd rather be with your friends or at practice—*anywhere* other than at home?

TRUTH

5 MINUTES

The good news is, family drama isn't new. For as long as families have been around, there's been conflict, frustration, and annoyance. So we aren't the first ones to wrestle with how to be around the people who can drive us crazy with amazing effectiveness.

In a letter to the church in Colossae, the apostle Paul gives us some pointers on what we can do when it comes to bringing a helpful climate into the world around us.

When Paul wrote this letter, Colossae wasn't what it used to be. At one point it had been a thriving city, but now it was more like a small town in comparison to the cities around it. But because it was part of a trade route, it was still considered a city with lots of different cultures and religious representations.

You might say living in Colossae was a bit like living in a family full of major differences. And like a family, they were trying to figure out how to coexist despite those differences.

Here's what Paul had to say to this mix of unique people:

You used to walk in these ways, in the life you once lived. But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. Do not lie to each other, since you have taken off your old self with its practices and have put on the new self, which is being renewed in knowledge in the image of its Creator (Colossians 3:7-10 NIV).

The fact that Paul has to talk about this shows us that there was a problem in this area in the Colossian church. **They were dealing with the same stuff in their church "family" that you're dealing with in your actual family.**

Paul doesn't say, "Rid your sister of her anger, or rid your stepmom of her problems." He says, "Rid *yourself*." It's up to *you* to get these things away from your heart and attitude.

TEACHING SCRIPT



Sure, other people are probably contributing to the problem. But it's up to *them* to get rid of *their* stuff, and it's up to *you* to get rid of *yours*.

He continues . . .

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity (Colossians 3:12-14 NIV).

Okay, there's a lot here.

Paul is telling us that if we can be responsible for bringing in a bad climate, we can also be responsible for bringing in a good climate. **He's saying we have the power to get rid of negative things like anger and put something else in its place.**

Essentially, we can create a new mood! But how? By practicing things like . . .

- Mercy
- Compassion
- Kindness
- Humility
- Gentleness
- Patience
- Forgiveness

But he doesn't stop there. He says we should also make allowances for each other's faults. This means to give each other the benefit of the doubt—to cut each other some slack. **In other words, instead of always looking for how people around us get things wrong, we can start believing the best.**

And if we struggle to show things like mercy, compassion, and kindness, then the least we can do is LOVE. **Because love, Paul says, binds us together.**

Now, don't miss this, because it's *really* vital when it comes to your family. It's strange to feel like you were put under a roof with people who are so different than you. But Paul says that our differences don't have to tear us apart. They don't have to hurt our relationships. Why? Because with love, even the greatest of differences can be managed.

Imagine what your home climate *might* feel like if you started bringing something different home with you.

Don't brush it off as impossible! YOU have the power to make the climate of a room better by showing up with things like mercy, kindness, humility, and patience.

Maybe you hear this and think, *Great, one more thing God wants me to do. I'll just add it to the list of rules I need to follow.* But this isn't just *another* rule. In fact, it sounds a lot like what Jesus said are the GREATEST commandments of all: to love God and love people.

So Paul is telling the Colossians *what* loving people looks like, and how to do it.

APPLICATION

2 MINUTES

So what does this type of love in action look like?

According to Paul, it looks like this:

- Showing mercy: which is just cutting someone a break.
- Showing kindness: that's just being nice to someone.
- Showing humility: putting your desires and your wants behind someone else's.
- Showing gentleness: being generous in your tone, with your words, and with your body language.
- Showing patience: choosing to take some deep breaths before you react.
- Showing forgiveness: letting go of what you can't change and refusing to hold on to bitter grudges.

When Paul talks about this stuff, he isn't just talking about feelings. He says to "clothe yourself." That's an action. It's a decision. You can choose to "put on" compassion, even when you don't feel like it. You can intentionally respond with kindness, no matter what the mood is in the room.

In other words, you can . . .

Focus on fixing you.

Think of it like this: Have you ever gotten home from sports practice and just felt gross? What's the first thing you do? You take a shower and change your clothes. Changing your mood works the same way. When you walk in your house and you notice the mood is off—it's tense, and you're tempted to snap at your brother or lash out at your stepmom—you can decide to change clothes, so to speak. You can choose to be compassionate instead of angry, humble instead of arrogant, patient instead of disrespectful.

Paul's saying, "You aren't powerless. You can decide to change your attitude just like you change your clothes. You can **focus on fixing you instead of blaming the people around you.**"

At the end of the day, no one wants to be miserable at home. Yet a lot of us are. But if you could step up and begin changing your attitude—even when your family doesn't change theirs—it could go a long way in creating a better climate for you at home.

LANDING

1 MINUTE

As you head out today, I want you to imagine what would happen if your brother, mom, or stepdad did this? What would be different at your house if *they* decided to rid themselves of anger or frustration and decided to be compassionate, humble, and kind instead? How would it change the climate at your house?

You have the opportunity to do the same thing! You can change the climate by changing your attitude—by focusing on fixing you.

What is one change you could make this week? Make that change, then try to take note of the way the climate at home changes. You may just be surprised at what you find!



TRANSITION INTO SMALL GROUPS
