



Bounce Back

Week 2 - Trauma and Drama

Discussion Guide

Keeping your bounce back on track can be difficult. Drama and trauma can derail your bounce back in a heartbeat. Making poor decisions, hanging around problematic people, and an unwise use of your words are all ways to invite drama into your life. However, God lays out some very practical insight when it comes to the drama we face. If we take His truth and apply it to our lives, our bounce back will stay on track.

Jump Start

1. Share a silly (or maybe even serious) slip of the tongue and what happened as a result of that mistake.
2. *When someone tells you something stupid, don't answer.* Proverbs 26:4 tells us not to answer a fool. Jesus is the perfect example of this. **Read Matthew 27:11-14.** What is your typical response to someone's problem or their vent to you? What did Jesus do instead?
3. *Butt out of it.* **Read Proverbs 26:17, 26:20, and James 1:5.** How can I "butt out" of the recurring trauma and drama in one of my personal relationships without "butting out" of the entire relationship?
4. *Don't communicate to someone through someone else.* Do you typically communicate directly to people or through a third party, especially when you are in conflict? **Read Matthew 18:15.** What does Jesus ask us to do instead?
5. *Learn to shut your mouth.* **Read Proverbs 10:19** (in a contemporary version) and **Psalms 141:3.** Of the many ways we can sin, none is more easy to slip into and causes more unintended hurt than our thoughtless words. What are some practical ways to curb the problem of our words and mouths?

6. Final Thought: “Go 24”—that was the challenge to us as both individuals and as groups. Will you commit to going 24 hours without negative comments, gossip, or meddling? What strategies can you use to delay a response, allowing time to seek God’s wisdom?

Deeper

7. *Stop doing stupid.* **Read Romans 7:15-25.** What are some of the drama-filled patterns or cycles you find yourself in? How do you relate to the ideas Paul writes about here? Paul was one of the greatest followers of Jesus who ever lived, yet he writes about being stuck in a drama-filled pattern. How should this encourage us?
8. **Now Read Romans 8:1-11.** If we are following Jesus, what comfort does Paul give us in verse 1? According to verse 11, what/who gives us the power to break out of our “drama cycles?”