



# This Is Us

## Part 2 - Building a Thriving Family Discussion Guide

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There's something about us that looks to the far distant future. We make "bucket lists" and dream about vacations or even retirement. But sometimes, while daydreaming about tomorrow, we forget to be intentional today. Let's explore how to dream and plan for a thriving family!

### Jump Start

1. Are you a goal-setter or do you hate that process? Is it easier for you to set short-term goals or "life goals"? Are you a big-picture person or do you love the details?
2. **Partner with God.** Read [Psalm 127:1 and Deuteronomy 6:6-7](#). As Jesus followers, we have to be intentional about partnering with God to build our families. God gives us the tools in His Word that, when applied, allow us to grow together and become more like Him. What are some ways you can be intentional about inviting God into your home and making Him a permanent fixture through your day?
3. **Lead from your strengths.** Read [1 Peter 4:10](#). Whether you're a parent, a spouse, or a single adult, we all have strengths. We often think about spiritual gifts only in relation to serving our church family or community. How might you use your gifts in your own family?
4. **Have a clear vision.** Read [Proverbs 29:18](#). Do you have goals for your family? If not, what drives your calendar right now? Is the main impetus God or something secular? To avoid the tyranny of the next new thing, ask God to help give your family some direction and guardrails in the form of a mission statement or family values. If you need to make a shift in your current focus / goals, how are you going to start? If you have a formalized plan, share it!
5. **Final Thought:** People sometimes paint a picture of perfect lives and families (think social media posts and photos). Often, those same families are falling apart. Discuss "*A perfect family is an imaginary family.*" If your family is dealing with conflict or crisis, you can be real in your Life Group and share with your group members. They may have a "life hack" that has helped them in the same situation. Additionally, pray for each other. God is near to the brokenhearted.

### Deeper

Matthew, Chapter 7, is filled with the words of Jesus. Many of them apply directly to our families and all apply to relationships in general.

6. **Read [Matthew 7:1-5](#)** and substitute different family roles in the place of the word “brother.” What is God saying directly to your heart?
7. **Read [Matthew 7:7-11](#)**. What specific things might you need to “ask, seek and knock” from God? For yourself? For your family? How does the comparison between parents and God strike you, especially when you think about your own parenting style?
8. **Read [Matthew 7:12](#)**. Have you ever applied “the Golden Rule” to your family? How does it influence the way you speak to your spouse? Your children? Does it influence your actions, spending priorities, discipline decisions? Would it change the way you interact if you began to apply it today?
9. **Read [Matthew 7:24-27](#)**. Jesus clearly defines the difference between wise and foolish. What is the difference? Which type of builder are you? How are you specifically building with His words?
10. **Read [Matthew 7:28-29](#)**. What did the crowd sense? As they sat there listening, what happened? As you read these passages and applied them to your life and your family, what happened to you?