



This Is Us

Part 3 – Best Friends

Discussion Guide

God created us with a need for relationships. He also created marriage. And He has a plan for us, even within our relationships. They can be challenging, whether it be sibling rivalry, parent-child relationships, or marriage. With God at the head of your relationships, He can make them great! Let's work on becoming united, less self-focused, and grow in humility.

Jump Start

1. What is your favorite show to watch with your spouse (or roommate, or best friend)? Do you ever binge watch a few shows without them, and if so, why?
2. Have you identified a specific purpose for your life? If you're married, do you believe you and your spouse are agreed on a united purpose in your relationship?
3. ***Work at being united and becoming one.*** Why do you think it takes work to be united (in a marriage, on a sports team, or for a project at work or school)? **Read [Philippians 2:2](#).** How is being "united" the same as having "one mind" and how is it different? In what areas do you believe that "being in agreement," "united" or "of one mind" is most beneficial?
4. ***Work on eliminating selfishness from your relationship.*** **Read [Philippians 2:3](#).** How do you view the people in your family or the people in your workplace (or other)? Do you have "the evil eye" and a bad attitude? Do you try to see them in the best light? What does "balance" look like in a relationship?
5. Final Thought: ***Replace selfishness with humility.*** Everything within us resists putting others first. The basic animal instinct of the human experience is all about "my own survival." **Read [Philippians 2:4](#).** In what ways have you overcome that inclination? In what areas of do you struggle?

