



# IT'S COMPLICATED

## Discussion Guide

### *Before You Blame Them*

**Pastor Daniel Floyd**

**Starter** Think about a relationship in your life—a friend, family member, coworker, or spouse—that feels *complicated*. Without naming names, what’s one word you’d use to describe what makes it challenging? What’s one quality you wish *you* brought more consistently into the relationship?

#### **Sermon Summary**

Healthy relationships begin with personal growth, not blaming others. Pastor Daniel challenges us to become people who live humbly, trust first, practice vulnerability, speak life, and love always—because a better *we* starts with a better *me*.

#### **ACT**

As you absorb sermons, read, or participate in group discussion, take notes and make a plan to apply what God’s teaching you.

**A (Action):** Mark important ideas with an “A” to remind you to take action.

**C (Contemplate):** Use a “C” to mark ideas you want to process further.

**T (Transfer/Teach):** If it’s something you need to teach to someone else, note it with a “T.”

#### **Read**

What do these Scriptures teach you about God’s character? (Read some or all verses together.)

Colossians 3:12–14

John 17:21

Romans 12:3

Proverbs 10:9

Proverbs 12:22

James 5:16

1 John 1:9

Ephesians 4:29

Proverbs 4:23

Judges 6:12

Matthew 22:35–39

1 Corinthians 13:13

Romans 5:8

Romans 10:9

2 Corinthians 5:17

#### **Discuss**

Choose questions to keep the discussion moving. There’s no need to discuss every question.

1. From the message, what idea challenged you the most about *who you are becoming* in your relationships and why did it stand out to you?
2. Are there any relationships where you tend to blame others first, and what would it look like to take responsibility for your own growth in those moments?
3. Which of the “gifts” mentioned in the sermon—humility, trust, vulnerability, speaking life, or love—do you find hardest to practice, and what makes it difficult?

4. Can you think of a time when choosing trust, humility, or love changed the direction of a relationship, or when not choosing it made things more complicated?
5. What is one intentional step you could take this week to become more of a gift in a specific relationship God has placed in your life?

### Go Deeper

1. Study 1 Samuel 18–24 (David and Saul). David repeatedly has opportunities to blame, retaliate against, or destroy Saul, yet he chooses God’s ways over those ideas. Where might God be inviting you to grow in humility or trust instead of reacting defensively or placing blame? How does David’s response challenge the way you handle unfair or difficult relationships in your own life?
2. Study Genesis 37; 39–45; 50:15–21 (Joseph and his brothers). Joseph experiences betrayal, injustice, and years of hardship, yet he allows God to shape his character. What areas of your life might God be using to shape who you are becoming, even when others have wronged you? How does Joseph’s choice to forgive redefine what it means to bring healing and life into complicated relationships?

### Apply

1. Choose one relationship that feels complicated and prayerfully ask, “*What can I bring to this relationship?*” Confirm one specific attitude or habit—humility, trust, vulnerability, or encouragement—that you will intentionally practice this week.
2. The next time a gap or misunderstanding shows up, choose to trust first rather than assume the worst and follow it with words that build up instead of tear down. Pay attention to how trusting first shifts both your attitude and the tone of the relationship.
3. Identify one trusted person or group where you can practice real vulnerability—not just sharing facts but opening up about what’s truly happening in your heart. Commit to stepping out of isolation by joining a group or having an honest conversation, trusting that growth within you can become a gift to others.

### Pray

Here are some prayer points:

1. Ask the Holy Spirit to help you think of yourself less and choose unity over the need to be right.
2. Invite God to heal past wounds and give you wisdom to trust first and open your heart in healthy, life-giving ways.
3. Ask God to guard your heart and mouth so that encouragement and grace flows into every conversation.
4. Ask God to fill you with His unconditional love so you can love others well—even when it’s difficult—bringing unity where there has been division.

### Leadership Tip

Share one way you’re personally growing in a relationship right now, rather than pointing out what others could change. When leaders speak first with humility and vulnerability, it creates an environment where unity grows and people feel free to engage honestly.