

Adulting Is Hard

Part 4: Marble Jar Moments
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INTRODUCTION

Adulting requires relationships—lots and lots of relationships. We know that healthy relationships are found upon trust. But trust can be fleeting, and trust issues make adulting hard. What is trust and how can we choose to trust?

DISCUSSION QUESTIONS

1. Are you typically a trusting person or a distrustful person? What experiences contributed to that dynamic?
2. Think about your “Marble Jar Friends.” What things make them a marble jar friend for you?
3. In the message, Buck said that as a follower of Christ we don’t get to decide what love looks like or the definition of love, because Jesus chose it for us. (John 13:34) How does this change your view on what it means to love?
4. Read 1 Corinthians 13:4-8. How would your life and relationships be different if you could love like that?
5. Dr. John Gottman said the definition of trust is built in very small moments. That every interaction is a chance to build connection or turn away. Do you agree or disagree? Why?
6. What “Marble Jar Moment” can you choose this week? Say thank you? Leave a love note? Go to dinner and simply listen? Empathize or show compassion towards? Apologize for gossiping? Give a hug? These “Marble Jar Moments” are the very moments that build trust and make adulting better. How can this group encourage you?

CHANGING YOUR MIND

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails 1 Corinthians 13:4-8