



The Ugly Truth About Relationships

Week 4 - It's Not About You Discussion Guide

We are all born with the tendency to put ourselves first. Think about it: when you look at a group photo, who's the first person you look for? Yourself. While that is normal, we need to be careful not to let it get out of hand. Focusing too much on yourself leads to pride, selfishness, and a lack of awareness for what others need. If you want better relationships, you have to realize: it's not about you.

1. Pick one to share: What is the most selfish thing you have ever done or seen? Or, what is the most selfless thing you have ever done or seen?
2. *It's not about you.* Everyone struggles with pride. If you think you don't, you're more than likely in denial. We tend to think of pride as a self-centered, boastful, arrogant, me-monster. But pride can also show itself in the form of a "woe is me, no one pays attention to me" monster. These are two extremes of focusing only on yourself. Which one do you tend to lean towards?
3. *Pride kills relationships.* Relationships involve two or more people, so when you're thinking only of yourself, it immediately creates tension in the relationship. Share a time when pride damaged one of your relationships? (Study: Proverbs 16:18, 29:23)
4. *Serving is the antidote to selfishness.* The best way to stop thinking about yourself is to start thinking about others. Serving others is a great way to show love, interest and respect. Who around you can you serve this week? (Study: Philippians 2:3-8, Ephesians 4:32, Romans 12:9-21)
5. Final Thought: Humility is a choice. Relationships can succeed and grow stronger and deeper, when we humble ourselves. Pride can be difficult to overcome. Take a moment with your group to discuss a specific "pride struggle" you have. Take time to pray for each other now and throughout the week. Watch as God grows you in the areas where you apply humility.