

ACTION PLAN QUESTIONS

For: 1709: Trigger Safe; 5/28/2023

1. What were your “I Will _____” statements from last week? How did you do on them? What are you encouraged about? What challenges are you facing? How can your group help?
2. Do you know what things trigger an unplanned emotional or psychological response in you? Do you know what things trigger a similar response in your children? Where do those triggers overlap?
3. Read Luke 17:1-6 in a couple of translations. Restate the verses in your own words. What do these verses teach you about God? What do they teach you about human nature? What do they teach about raising children?
4. Think about some less-than-optimal interactions with your children. What did they do that triggered you to respond as you did? What might you have done to trigger them to respond as they did? How can you avoid those triggers in the future?
5. Parents have the responsibility before God to monitor, guide, and correct, if necessary, their children’s behavior. Can we do that without creating pain for our children? What is the difference between necessary pain and unnecessary pain in that process? How can we avoid creating unnecessary pain? We define forgiveness as, “No longer holding someone responsible for the pain that you feel.” What might a healthy interaction of correction, confession, repentance, and forgiveness look like?
6. How does faith in Jesus change your response to triggers? How can you increase your faith?
7. What should I do in response to this passage? How will you complete the sentence, “I will _____”? Who will you share your “I Will” statement with? How can others pray for you?