

THE SHACK

Small Group Discussion Guide

Week #7 February 14 & 15 "Kate and Nan"
Pastor Bruce Humphrey

Genesis 4:19-24 ¹⁹ Lamech took two wives; the name of the one was Adah, and the name of the other Zillah. ²⁰ Adah bore Jabal; he was the ancestor of those who live in tents and have livestock. ²¹ His brother's name was Jubal; he was the ancestor of all those who play the lyre and pipe. ²² Zillah bore Tubal-cain, who made all kinds of bronze and iron tools. The sister of Tubal-cain was Naamah. ²³ Lamech said to his wives: "Adah and Zillah, hear my voice; you wives of Lamech, listen to what I say: I have killed a man for wounding me, a young man for striking me. ²⁴ If Cain is avenged sevenfold, truly Lamech seventy-sevenfold."

Ephesians 4:14-16 ¹⁴ We must no longer be children, tossed to and fro and blown about by every wind of doctrine, by people's trickery, by their craftiness in deceitful scheming. ¹⁵ But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, ¹⁶ from whom the whole body, joined and knit together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

Notes and Thoughts ...

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Facilitator Guide

The main topics for discussion this week, *family dysfunction* and speaking the *truth in love*, may again trigger some very emotional reactions. Remember to listen, take it slow, and allow extra time for response. By now, relationships in the group have been established that may take some of the support and pressure for “answers” off of you. Here are some referral resources available at RBCPC that deal directly with grief, loss and the often resulting dysfunction:

Confident Kids – Living in My Family

This series is to help children realize that living in families is not always easy and family members must learn how to work together. A parent or adult sponsor is encouraged to attend the Confident Parents group held at the same time. Contact Mady Cheng at (858) 663-7556, Thursdays, 1/29 – 3/19, 6:30 – 8:00 p.m., Room 260.

Freedom from Depression/Anxiety

The focus will be on education, positive self-talk, breathing skills, relaxation, mistaken beliefs and Scriptures that incorporate peace and freedom in Christ. Contact: George Apkarian, LMFT, PhD, (858) 603-1718. Tuesdays, 2/3 – 3/10, 7:00 – 8:30 p.m., Room 220 Upper Courtside East.

Divorce Care

If you are going through a separation or divorce, you will receive important information, nurturing, support, as well as practical and spiritual tools to help you through this painful transition. Facilitators: Coreen Gardella and Gina Stellwagen. Contact Coreen Gardella at (858) 342-2758. Thursdays, 2/5 – 5/2, 6:30 - 8:00 p.m., Room 256/257.

Grief Recovery Support Group

An ongoing grief support group that understands the pain involved in the loss of someone close. Contact: Karen Bassett at (760) 743-2056, 2nd and 4th Sundays through 8/30/09, 4:00 p.m., Room 181, Library.

For other healing and support referrals contact: Dee Crimmel, (858) 487-0811, ext. 260.

For on-campus discussion groups:

It is time to start thinking about the small group next steps for those attending. Here are some options:

1. Encourage those already in a small group to invite a newcomer to join them.
2. Encourage the formation of a new group – Rochelle and the ministry team can help get them started, provide a meeting room, etc.
3. Pass around a sign up sheet for those interested in joining a group and give it to Rochelle for placement.

Suggested Group Activity:

Ash Wednesday Service, Feb. 25th, 7:00 p.m., in the Sanctuary, the final sermon in *The Shack* series, will be on the subject of Forgiveness. Start the evening with fellowship and great food at Wednesday Supper, 5:30 p.m., then attend the service together! **This will be a great way to wrap up this series!**

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START IT:

- [New groups] Where are you in the family birth order, ie. oldest? #2 of 4? youngest? How do you think this shaped who you are?
- Share your earliest memory of a family vacation.
- Share one thing you do to control potential angry emotions at home, ie. count to ten, take a walk, etc.

STUDY IT:

- Read Genesis 4:19-24. What observations can be made from this passage on unhealthy family dynamics?
"Lamech's two wife's names literally mean "ornament," and "shadow." Instead of a wife being a partner who is strong and helps save the family, his wives have become nothing more to him than a hood ornament and his own shadow. This was not God's intention for healthy families." Bruce Humphrey, "Kate and Nan," February 14/15, 2009
- What do Lamech's wives' names say about their family dynamics?
- In *The Shack*, what kind of coping techniques did Mack hold on to in adulthood? How did this affect his ability to speak the truth to Kate and Nan?
- Read Ephesians 4:14-16. What does this passage say to you about the importance of *speaking the truth in love*? What might happen to the body of Christ without love?
- Share a time when you tried to share your faith with a non-believing family member or close friend? Why is *speaking the truth in love* so hard? Is it "risky?"

LIVE IT:

- Have you ever withheld information from a loved one in order to "protect" them from pain? When is this justified? When is it not? In light of this week's study, how might you try to handle a similar situation "next time?"
- Share where you went last week to have a conversation with Jesus. Why did you choose this place? Were you able to feel His presence? Hear His voice?
- Is there someone in you feel compelled to speak the truth in love to? Share with the group.

PRAY IT: (this part will be done by our Prayer Ministry team for this series)