



## Resilient Relationships

In times of social distance and quarantine, relationships have never been more important. Yet for those very reasons, maintaining resilient relationships has never been more challenging. It's ironic!

1. In your experience, what are the most important ingredients for strong, resilient relationships?
2. Watch the video with Ryan Brammer.

While there are lots of important ingredients for strong, resilient relationships, Ryan argues that the foundation for resilient relationships is an identity rooted in God's love (cf. 1 John 3:1-2).

3. Brainstorm with the group ways that an identity rooted in God's love can set you free to "comfortable in your own skin".

Ryan explains that another way to describe this God-beloved-identity is to be self-differentiated. When you are "self-differentiated", you are:

- Clear on what you're about
  - Calm when other are reacting
  - Able to separate yourself while staying connect
  - A non-anxious presence for others
  - Able to manage reactivity around you
  - A truth teller at the risk of upsetting others
4. Jesus is our example par excellent. Read at least one of the following stories, and discuss as a group how Jesus embodies these six characteristics of a person rooted in a God-beloved Identity.
    - a. John 13:1-17
    - b. Luke 8:19-25
    - c. John 8:21-59
  5. Based on what you "know", who are you in God's eyes?
  6. Assuming that you believe this, how does this play out in your life practically?

# Anchor Crew Questions

At the heart of *The Anchor Initiative* is the 3-2-1 Process:

- A “Crew” of at least **3 people**
- Meeting **2x a week**, to encourage each other
- While each of you **forge 1 Habit**.



Use these questions to check in with each other:

1. Share with the Crew how the last week has been with your habit formation... The good... the bad... and the ugly.
2. If it's going well, celebrate! If you've been struggling with the habit, what could you try to make it better? How can the Crew help you?
3. What has the work of habit formation revealed to you about God's work in your life this week? How does that change things for you?
4. Is there anything about Ryan's talk on resilient relationships that might compliment or change your approach to your habit?