

NOTES

TURNING HOUSES INTO HOMES

When it comes to turning houses into homes, two words rise above the rest:

_____ and _____.

1. Be _____.

2. Be _____.

3. Be _____.

The 30-Day Kindness Challenge

1. Nix the Negatives

Say nothing negative to or about someone else

2. Practice Praise

Every day, find one positive thing you can sincerely praise or affirm about your family member. Tell them and tell someone else.

3. Carry Out Kindness

Every day, do a small act of kindness or generosity.

DISCUSSION QUESTIONS

FOR FAMILY, FRIENDS & GROUPS

1. Read Matthew 7:24-27. What are roadblocks to building your house on the Rock?
2. Why do you think Jim chose the words “positive adaptability” as a key factor when turning a house into a home?
3. “Does it really matter?” What are aspects of your family relationship that you tend to over-focus on when perhaps it doesn’t really matter? What are aspects that absolutely matter? How does “making everything matter” water down focusing on the most important things?
4. Jim talked about the “Magic Ratio” of 5 positive interactions to 1 negative interaction as a way to keep family relationships healthy. What makes this difficult? What can you do to work on a more positive environment?
5. Jim challenged you to the 30-Day Kindness Challenge. How do you feel about this discipline? Are you willing to give it a try?