



FAMILY FIXER UPPER

GROWTH GROUP GUIDE



METRO
CHRISTIAN CHURCH

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GROWTH GROUP VALUES

GROWTH GROUPS ...

- 1) GROW people SPIRITUALLY
- 2) are OPEN to OTHERS
- 3) do life TOGETHER
- 4) PLANT other GROWTH GROUPS

TIPS FOR GROWTH GROUPS

- **Start and finish on time.** Doing this will show that you honor one another's time and will help you get through discussions.
- **Be comfortable with silence.** A long pause during a group discussion can be powerful. A pause gives space for quieter individuals to participate and gives people time to figure out what they would like to say.
- **Confidentiality is important.** What is shared in the group stays in the group. Confidentiality is key to building trust.
- **Make group a priority.** Communicate in advance if you are unable to attend by texting or calling your leader. This will help your leader plan accordingly, especially for in-person gatherings.
- **Avoid talking or teaching too much.** The purpose of Growth Groups is for spiritual growth in community. Allow for others to share their thoughts and perspectives.
- **How to best use this guide.** Take time each week before your group meeting to reflect on the journal questions. Also peruse the second set of questions in preparation for group discussion.

WEEK ONE

THE REMODEL BLUEPRINT

INTRODUCTION

Everyone has a vision of what their dream home would be like, but it takes renovating what you currently have to achieve that goal. In the same way, we all have a picture of what the ideal family looks like. While there's no such thing as a perfect family, we can always strive for a happy, secure and loving one. And those don't happen by accident. There needs to be a renovation in your heart if you want to experience God's idea of family.

Family can be complicated, dysfunctional and outright frustrating, especially when we have ideas of what it could and should look like. Multigenerational families, single parents, blended families, caring for aging parents, divorce, loss of a loved one — all of these things and more can impact your idea of what family looks like. The world has many blueprints of how a family should be built. This study will outline God's design for family and give you the tools and resources to get there.

ICEBREAKER

Envision your dream home. Where is it located? What does it look like? What amenities do you want in or around your home? What's your favorite part about your dream home?

READ

- Genesis: Chapters 4, 27 and 37
- Ephesians 6:1-4

WEEK ONE

THE REMODEL BLUEPRINT

JOURNAL QUESTIONS - FOR REFLECTION

The Bible portrays many examples of families facing challenges. Reflect on any challenges your family has encountered or is currently facing. How do you think these challenges shape your family dynamics? What qualities do you believe are important for nurturing a strong family unit?

No one gets a complete teardown when it comes to family. Instead, we need to remodel what we already have. Change within your family starts with you (Matthew 7:3-5). Are there any roles or responsibilities you can improve on in your family dynamic? What initiative can you take to improve it?

Thinking about your family's current path, how do you envision your relationships with them in the future? What can you do to ensure that your family stays connected and maintains healthy relationships?

WEEK ONE

THE REMODEL BLUEPRINT

GROUP DISCUSSION QUESTIONS

God is a redeeming God (Romans 8:28-30). Therefore, is there anything in your family you feel like God wants to improve? On the flip side, what are three good things that God has done or is currently redeeming?

According to Scripture, what is God's vision for families? How do you think your family can align with this vision? Consider areas such as emotional well-being, finances, relationships and community impact. What steps can you take to move toward fulfilling God's desire for your family?

Many people remodel in the hopes of passing the property down to future generations. Similarly, what you do for your family now will impact your kids and grandkids (Exodus 20:5-6). What are three things can you do to move your family more toward God's vision?

WEEK ONE

THE REMODEL BLUEPRINT

PRAYER REQUEST

Take a moment to write down prayer requests for your family. This might include asking God to reveal areas of dysfunction, seeking strength to heal from past trauma, requesting grace to handle current frustrations, or asking for help to soften your heart. Share these requests with your group so you can support each other in prayer.



ACTION STEPS

At the end of each week, we encourage you to put what you've learned into action. This week, take time to sit down with your family or spend quiet time with God to discuss the changes you'll be making as you start the "remodeling" process. Allow yourself to be changed by Jesus so you can strive to live like Him. What specific steps will you take to apply what you've learned and embrace this transformation?

ADDITIONAL RESOURCES

- *God's Blueprint for a Happy Home* by Lester Sumrall
- *Building the Christian Family You Never Had: A Practical Guide for Pioneer Parents* by Mary E. DeMuth
- *THE BLUEPRINT: A Biblical Approach to Building and Maintaining Godly Homes* by Josiah Choms

WEEK TWO

DIGGING UP THE FOUNDATION

INTRODUCTION

Ask anyone in the construction industry and they'll tell you that the foundation is the most important part of any home renovation project. In a remodel, much consideration is given to assessing and fixing the foundation before moving on to the more fun stuff like layout, furnishings and decor.

The same goes for your family. The foundation is shaky if we do not address the family of origin issues we were raised in. But it's not just identifying the issues and trying to fix them. It's taking it a step further and looking at how those circumstances affect us today. Unless you dig up and confront the issues in your foundation, you will bring past generational curses into the families you're trying to build today.

Your foundation needs to be God and His Word, centered in a healthy resolution of past baggage. This section will help you take an honest look at your family foundation and offer ways to bring healing while building a strong base.

ICEBREAKER

What was your concept of family growing up? This can be what you saw on TV, read in books or observed in your friends' lives. How did it compare with your own family situation?

READ

- Psalm 127
- Matthew 7:24-27

WEEK TWO

DIGGING UP THE FOUNDATION

JOURNAL QUESTIONS - FOR REFLECTION

A family's foundation is rarely seen, but it has a significant impact. Reflect on aspects of your upbringing you want to approach differently in your family now. Why do you want to make these changes?

Examining a foundation can be challenging. Reflect on your relationship with your parents. What was your relationship like with them? How did their parenting styles affect you and how do they influence your relationships now? Consider how these reflections can guide you in fostering healthier relationships in your own family.

Family experiences can deeply impact us, but we have the power to choose our actions and attitudes. Reflect on a behavior or attitude from your upbringing that affects you today. This might include how you respond to criticism, manage money, set boundaries or seek validation. How can you work toward positive change?

WEEK TWO

DIGGING UP THE FOUNDATION

GROUP DISCUSSION QUESTIONS

No matter your current relationship status — single, engaged, married, divorced or grieving the loss of a loved one — you are responsible for addressing past family issues. Reflect on evidence that you've dealt with these issues in a healthy, biblical way. If not, what steps will you take to address them healthily and biblically?

Examining your family foundation can be challenging, but it can also open the door to healing and forgiveness (Matthew 6:15). Reflect on individuals you need to forgive. What makes forgiveness difficult in these situations? How can you begin the process of forgiveness?

Certain experiences can leave a lasting impact. Think about two core memories you still reflect on today. How have they shaped your perception of yourself? How does this perception compare with what God says about you?

WEEK TWO

DIGGING UP THE FOUNDATION

PRAYER REQUEST

As you embark on the journey of examining and reshaping your family's foundation, take a moment to write down any worries you want to bring to God. These may include anxiety about revisiting past hurts, fear of conflict or passive aggressive behavior, apprehension about asking God to transform areas within yourself, or the challenge of letting go of anger to start forgiving.



ACTION STEPS

Refer back to the people that you need to forgive. Write each person a letter (you don't have to give it to them) that details what happened, how it affected you and how you're going to start trying to forgive them.

ADDITIONAL RESOURCES

- *Emotionally Healthy Spirituality* by Peter Scazzero
- "When the Past Still Hurts" sermon message by pastor Shawn Johnson
- *Total Forgiveness* by R. T. Kendall

WEEK THREE

DEMOLISHING DISAPPOINTMENTS

INTRODUCTION

Life is filled with disappointments. Sometimes, it's as small as looking into a chip bag half filled with air. Other times, it's a heavier kind of disappointment that leave you questioning God's goodness. Family is not immune to disappointments. You can be disappointed that your marriage isn't how you want it, or you can feel disappointment when God takes your spouse and you feel it's too soon. You can experience disappointment when your kids haven't turned out how you thought they would, or when you think your best days are behind you.

During a home remodel, things rarely go exactly as planned. You might be over budget and need to forgo something you really want, or construction might take way longer than you initially anticipated.

Grieving loss of time, people or resources is a critical part of building healthy relationships, and how you process grief and disappointments can either help in the way that God is remodeling your heart, or keep you tied to old ways of living.

ICEBREAKER

When you were a kid, what did you want to be when you grew up? How does it compare with your life now? How do you feel about the difference?

READ

- Isaiah 40:28-31
- Psalms 42:11

WEEK THREE

DEMOLISHING DISAPPOINTMENTS

JOURNAL QUESTIONS - FOR REFLECTION

Your reaction to disappointments can reflect your faith and the God you serve (Psalm 34:18). How do you respond (internally, to others and to God) when you face letdowns? What do you want to ask God to help you with to allow you to align more closely with His teachings?

The only way to overcome disappointment is to go through it. There is nothing wrong with lamenting broken dreams and hopes, and God is there for you in the highs and the lows (Psalm 23). Recall a time that God walked you through a devastating time. How did He comfort you? How did He encourage you? How did He change your heart?

In the midst of grief and disappointment, God can take you from devastation to renovation when you turn your eyes to Him (Psalm 22). Take the time to list three things you're grateful for. Now, list three things you love about Jesus.

WEEK THREE

DEMOLISHING DISAPPOINTMENTS

GROUP DISCUSSION QUESTIONS

You will constantly encounter disappointments, but you don't have to hold onto them. What are three things you're disappointed about? These can be something recent or something from your past that's still bothering you. How have those disappointments impacted you?

As Christians, we are called to carry each other's burdens (Galatians 6:2). When someone is grieving or experiencing disappointment, how do you respond? Do you offer support and action or give them space? Think of someone who is currently grieving or facing disappointment. How can you offer meaningful help and support to them today?

Grief isn't linear and often doesn't have a clear beginning or end. This can be challenging to navigate, but God promises to be with us. How can your disappointments and grief bring you closer to God? What steps can you take to seek His presence during difficult times?

WEEK THREE

DEMOLISHING DISAPPOINTMENTS

PRAYER REQUEST

If you're grieving something, consider what God might say to you after you express your anger, frustration, sadness or loneliness. What do you want to say to God about your grief and disappointment? After sharing your feelings with Him, shift your focus to praise and thank Him for what He's already done in your life. Let this gratitude guide you as you continue to seek His comfort and healing.



ACTION STEPS

On a piece of paper, write down some things you're currently disappointed with on the left side. On the right side, write down how God is still good in the midst of those disappointments.

ADDITIONAL RESOURCES

- *Blessings* a song by Laura Story
- *Disappointment with God* by Philip Yancey
- *Plan B: What Do You Do When God Doesn't Show Up the Way You Thought He Would?* by Pete Wilson

WEEK FOUR

WALLS THAT NEED TO COME DOWN

INTRODUCTION

Conflict is bound to happen in any relationship, and people tend to have the most conflict with those they're closest with — so in families, it's guaranteed to be there. While conflict is natural, how you deal with it will either tear down the good things in your family or reinforce the positive changes that God is making. Basically, it's not *if* you are upset with one another (because you will eventually get upset, frustrated or annoyed with someone in your family), it's *how* you deal with it that matters most.

No one likes conflict and mitigating conflict isn't easy, so we tend to build up walls to protect ourselves. It's easy to resort to poor conflict-resolution skills like stonewalling, giving the other person the cold shoulder, harboring contempt, giving in to outbursts of anger and worse when we're upset. It doesn't have to be that way. This section will help you to deal with conflict in a Christ-honoring way. We're here to care for one another — to build and not tear down what God is remodeling.

ICEBREAKER

How do you feel about conflict — do you avoid it or tackle it head on? Give a recent example of a conflict you had to deal with and what you did.

READ

- James 1:19-21
- James 4:1-6

WEEK FOUR

WALLS THAT NEED TO COME DOWN

JOURNAL QUESTIONS - FOR REFLECTION

Conflict can create rifts, but we must address them (Matthew 5:9). What do you think it means to handle conflict in a healthy, constructive way? How can you approach disagreements to build up understanding and peace rather than tear down what God is remodeling in you?

Reflect on how your parents or guardians resolved their differences. Now, think about your own approach to conflict. Do you handle disagreements the same way? How does this align with the way God calls us to manage conflicts? What steps can you take to handle disagreements more constructively?

Sometimes, people respond to conflict with passive aggressive behavior. Why do you think some people choose this approach? Why doesn't it effectively solve the problem? How can you address conflicts in a more direct and constructive way?

WEEK FOUR

WALLS THAT NEED TO COME DOWN

GROUP DISCUSSION QUESTIONS

The Gottman Institute laid out “The Four Horsemen of the Apocalypse” regarding conflict reactions (criticism, contempt, defensiveness and stonewalling). Give examples of when you have fallen into each of the four pillars? What does God say you should do instead?

The most important thing when trying to resolve conflict is remembering that God is there to help you. When you ask for eyes to see the other person as God does, it changes your perspective and gives you empathy (Colossians 3:12-15; 1 Peter 5:5-7). Think of someone you’re having conflict with. What does God say about them?

Communication and humility are key when managing a conflict (Ephesians 4:31-32). What are communication tips that have worked for you that you can share with the group? How can you humble yourself before engaging in conflict? What would that look like?

WEEK FOUR

WALLS THAT NEED TO COME DOWN

PRAYER REQUEST

Conflict doesn't have to be a "bad" word. God says there's a better way. List points of contention you're experiencing and surrender them to the Lord. Ask Him for the grace, humility and wisdom to handle it well so that your actions showcase His glory. Pray for your group members, too, so they can better handle conflict with their loved ones.



ACTION STEPS

If there's someone you have conflict with, pray and make a plan of how you'll start the process of reconciliation this week.

ADDITIONAL RESOURCES

- *Emotionally Healthy Spirituality* by Peter Scazzero
- *Saving Your Marriage Before It Starts* by Drs. Les and Leslie Parrott
- *The Seven Principles for Making Marriage Work* by John Gottman (can also apply to Week Five)
- *Boundaries: When to Say Yes, How to Say No to Take Control of Your Life* by Henry Cloud and John Townsend
- *How to Have That Difficult Conversation: Gaining the Skills for Honest and Meaningful Communication* by Henry Cloud and John Townsend

WEEK FIVE

THE FRAME OF UNITY

INTRODUCTION

Marriage is a wonderful blessing that God gives humans, and that union is often the beginning of a family. Like the house frame that keeps everything together in a home, unity in relationship is supportive and beautiful when things are in harmony and frustrating when things are disorganized.

However, the value of marriage is often put down in our society — sadly, to the point where many young people feel disillusioned about the entire institution of it all. But God wants to help us to build strong marriages, and that starts with the roles that husbands and wives play and the team that they create together.

This might be a tough week for some. There are singles patiently waiting for God to bring the right person into their lives. There are those who have lost their spouse through death, divorce or separation. While the message of unity is heavily geared toward married couples, everyone can strive for unity in all of their relationships.

ICEBREAKER

When did you realize that life isn't like fairy tales and people don't always live "happily ever after?" What made you come to that conclusion? Do you think "happily ever after" can still exist?

READ

- 1 Corinthians 1:10
- 2 Corinthians 13:11

WEEK FIVE

THE FRAME OF UNITY

JOURNAL QUESTION - FOR REFLECTION

Describe what your parents' marriage was like. How did it affect you growing up? For singles, why do you want/not want a marriage like that? For spouses, what are you doing differently than your parents and why? For those who have lost a spouse or are divorced, what lessons can you pass on regarding your experiences with marriage?

JOURNAL QUESTIONS - FOR COUPLES

In Ephesians 5:21-33, the Bible tells husbands to lay down lives for their wives and wives to submit to their husbands. Husbands, why is feeling loved important to your wives? Wives, why is respect important for your husband? How will you love/respect your spouse this week?

Throughout the Bible, God paints a picture of what marriage should be like. Rather than having a contract of convenience, strive for a covenant of commitment (Psalm 133). What two things will you do this week to get closer to that ideal?

WEEK FIVE

THE FRAME OF UNITY

GROUP DISCUSSION QUESTIONS

Sitcoms paint husbands and wives in particular ways. Think about shows you've watched. What do they seem to say about the roles husbands and wives play? What do other pop culture icons seem to say about marriage? Does that align with what God wants for marriages?

No matter what season of life that you're in, you need the help and support of others (1 Thessalonians 5:11). It's why Growth Groups are so important! How can you encourage others to strive for unity in their relationships? Who can you pour into at your current life stage?

Think of a sports team. Individuals train and attend practice, but the group wins as a whole (Ecclesiastes 4:12). How can you prepare now to become the best team member now in your relationships?

WEEK FIVE

THE FRAME OF UNITY

PRAYER REQUEST

Pray for the strength, courage and wisdom to fight for unity in your marriages/relationships. Seek revelation on how you can change to become the best partner, friend, family member, coworker, neighbor you can be. God should always be No. 1. Ask Him to show you where you're putting others (or yourself) before Him.



ACTION STEPS

Write a list of three people you will serve this week. This can be your spouse, family member, coworker, friend or neighbor. Write down how you will serve them.

ADDITIONAL RESOURCES

- *Sacred Marriage: What If God Designed Marriage to Make Us Holy More Than to Make Us Happy?* by Gary Thomas
- *Love & Respect: The Love She Most Desires; The Respect He Desperately Needs* by Emerson Eggerichs
- *The Five Love Languages: How to Express Heartfelt Commitment to Your Mate* by Gary Chapman
- *Love Does* by Bob Goff and Donald Miller
- *You and Me Forever: Marriage in Light of Eternity* by Francis Chan

WEEK SIX

UNDER ONE ROOF

INTRODUCTION

Family looks different for everyone, and each person has their own experiences with family. No matter your family background or history, we hope this study encourages you to take responsibility for the family you have now — whether you're a parent, child, grandparent, aunt, uncle or family friend.

In Hawaii, family extends beyond parents and children. Kupuna, close relatives and even hanai family members can impact a family dynamic. Each person has their own role to play in God's greater plan.

This final week in the series will look at the roles that we play in intergenerational or multigenerational families, as well as how to get along and thrive (not just survive) as God remodels us to look like a family that pleases Him.

God has a vision for the future and the legacy you will create with your family. While family may look different today, the principles that God lays out for how we are to love one another are timeless.

ICEBREAKER

Do you like hosting people in your home? If so, what makes it enjoyable? If not, why don't you like doing it? Do you enjoy being invited to someone's home for a party? Why or why not?

READ

- Matthew 5:14-16
- 1 Peter 3:15

WEEK SIX

UNDER ONE ROOF

JOURNAL QUESTIONS - FOR REFLECTION

God desires only good things for your family — strength, unity, love, compassion, etc. But the family unit is under attack. From technology to shifts in cultural norms, other things vie for our time, attention and resources. How can you set up boundaries to protect your family and those you love? What area of your family is under attack now?

Family is important, but it shouldn't take the place of God. What do you think of the phrase, "Family is everything"? How does living like this impact your faith? How does it impact the people in your family?

Once a home remodel is done, that's when the work is just beginning. To maintain a clean home, you need to put in daily work. It's the same if you want a family that strives for God's best. List three things you'll incorporate into your daily life that will benefit your family?

WEEK SIX

UNDER ONE ROOF

GROUP DISCUSSION QUESTIONS

Everyone has a role to play in their families, and we're also part of God's family. What is the role you're asked to play in God's family? Matthew 28:16-20 tells of the Great Commission. How am I reaching others for Christ? What stops me from sharing my story?

Families are the strongest witness of Christ's love to the world. Is it easier to love strangers for a brief period or your family members/those closest to you? Do they see Christ in the interactions you have with your parents, spouse or kids?

God's vision for the family is to impact more than just those who share our blood. We're meant to be living testimonies for everyone around us (John 5:31-47). Do people see Christ in my family? What kind of witness am I being? Is there a family that you see striving for God's best? What are they doing that stands out?

WEEK SIX

UNDER ONE ROOF

PRAYER REQUEST

Surrender to the Lord whatever area of your family that is under attack. If you're trying to fix it on your own, repent and give it to God. Ask for His wisdom, guidance and courage. Start regularly praying for your family if you're not already. It will change your heart and remind you of God's heart for them.



ACTION STEPS

There are so many things attempting to attack your family unit. Take some time to write those things down. Use this list as a guided prayer. Ask God to cover each of those areas, and to grant you the wisdom, courage and grace to combat them.

ADDITIONAL RESOURCES

- *Doing Life with Your Adult Children: Keep Your Mouth Shut and the Welcome Mat Out* by Jim Burns
- *Habits of the Household: Practicing the Story of God in Everyday Family Rhythms* by Justin Whitmel Earley

FAMILY FIXER UPPER

VERSES TO PRAY OVER YOUR FAMILY

Joshua 24:15 — But if serving the LORD seems undesirable to you, then choose for yourselves this day whom you will serve, whether the gods your ancestors served beyond the Euphrates, or the gods of the Amorites, in whose land you are living. But as for me and my household, we will serve the LORD.

Deuteronomy 6:6-7 — These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up.

Jeremiah 32:39 — I will give them singleness of heart and action, so that they will always fear me and that all will then go well for them and for their children after them.

Ephesians 4:26-27 — In your anger do not sin: Do not let the sun go down while you are still angry, and do not give the devil a foothold.

1 Corinthians 13:4-8 — Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away.