

YOU'VE HEARD IT SAID



LifeGroups



Key things you heard

- As you become an adult, how you interact with your family might change, but why you interact remains the same.
- There is no such thing as a “perfect family.” The only perfect parent-child relationship is Jesus and His Father.
- Setting boundaries ultimately helps you become a healthier family.
- Disclaimer: If you are dealing with a family situation that involves any amount of trauma, it’s important to take the healthiest step for you—like seeing a counselor or setting firmer boundaries.

Pray: God, thank You for creating our families, despite all the imperfections. We trust that Your plans for our families are bigger than ours. Help us to love our families the way You have shown love to us. In Jesus’ name, amen.



Tweetable Moments

- Remember: Your parents are not perfect—they’re figuring life out too.
- Prioritizing the right relationships helps us add value to all relationships.



Say What? Questions for conversation

Icebreaker: If you could join a TV family, which would it be and why?

- What was your biggest takeaway?
- What are three words you would use to describe your family growing up? What about now? Share about the words you chose.
- Share about a time when your family dynamics changed. Maybe you graduated, moved away, etc. How did you navigate that transition?
- Read John 1:12-13. How does being invited into God’s family impact the way you view your earthly family?
- How would you describe your relationship with your family in your current stage of life?
- What changes might need to be made to have a healthier relationship with your family?



Now Go Do It Resources and next steps

Challenge: Take some time to think about what qualities you want to see in your family. Pray about them, then find some ways to make those values a reality.

- If you’re not yet in a LifeGroup, find or start one here: www.life.church/lifegroups
- Start the *You've Heard It Said* Season 5 Bible Plan: www.go2.lc/relationshipadvice
- Listen to the LC Parents Podcast: www.go2.lc/parentspodcast
- Read more from Ally on parenting young adults: www.go2.lc/parentingseniors
- Find more content for young adults: www.life.church/collective