



## Reviewing the Sunday Message: rGroup Guide

### "CAN WE TALK?"

Montell and Kristin Jordan | March 24, 2019 | JAMES 1:19-20

**A Do Something Disciple** -A person with a disciplined pursuit of the heart of the Father, a heart being perfected in love for God and people.

H – Holiness E – Evangelism A – Appreciation R – Relationships T– Thoughts

#### **Recite the *Do Something Disciple* Prayer**

“As a Do Something Disciple, I am in a disciplined pursuit for the heart of The Father, a heart that is being perfected in love for God and people.

#### **Father give me a heart that:**

- Desperately seeks face-to-face intimacy with You.
- Faithfully avoids that which displeases You.
- Humbly embraces a Kingdom Mindset.
- Values making disciples that make disciples.

#### **Jesus, create in me a heart that:**

- Values being guided by the Word of God.
- Gratefully grows in generosity.
- Nurtures a burden for lost people.
- Demonstrates a commitment to a Spirit-filled expression of my gifts.

#### **Holy Spirit develop a heart in me that:**

- Gracefully gives and receives forgiveness.
- Passionately worships God.
- Is dependent on the power of prayer.
- Serves with Humility.

Father, knit my heart with Yours. Fill my heart with Your passions, motivations and desires.  
In Jesus Name, amen.”

### **Sermon Application and Questions:**

Montell and Kristin Jordan were our guest speakers this week. Montell is a famous musician who is known for his 90's #1 hit, "This is How We Do it". In 2010 God told him to quit the music industry and now Montell and his wife, Kristin, serve as pastors at Victory World Church in Atlanta, Georgia. As they shared with us on Sunday, they described their marriage relationship of twenty-five years as one where great communication has grown to be an essential priority. They taught that listening is what you do with your ears, and hearing is what you do with your heart. Below is a list of 7 Don'ts and 7 Do's for healthy communication in any relationship.

- 7 Don'ts:
  - Silence – (Silent Treatment)
  - Shutting Down
  - Store Housing – If you are keeping score in your marriage, nobody wins.
  - Stock Piling – Love covers; offense uncovers.
  - Suppressing – What's on the inside will eventually come out.
  - Self-Serving – I will meet my own needs.
  - Subject Hopping – The root of the issue is confusion.
- 7 Do's:
  - Speak – Kinds words turn away wrath.
  - Surpass – Go beyond.
  - Share – We can get over it, or determine to get through it.
  - Submit – Submit your thoughts to God first.
  - Surface – Release it to God first before emotionally. Exploding on your spouse.
  - Spouse Serving – Serving is placing their needs before yours.
  - Spotlight – Invite the Lord into an issue before we try to resolve it.

### **Sermon Application Questions:**

- Of the 7 Don'ts, which do you often struggle with in communication? What would help you grow in this area?
- Of the 7 Do's, which are you really good at? How has this been a blessing to your relationship whether in family or friendships?
- Read through James 1:19-20. Discuss in your group instances where you have been swift to hear and slow to speak and the blessings that have occurred afterward.

### **Next Steps:**

- Learn more about discipleship and attend the Vision Night on April 4<sup>th</sup> with Pastor Miles at 6:30 PM. For more information visit <https://www.sdrock.com/events/20615/>

**Monthly Memory Verse: 1 Samuel 10:6 (NKJV)** *"Then the Spirit of the LORD will come upon you, and you will prophesy with them and be turned into another man."*