



Part 2: The Family Magic Ratio

INTRODUCTION

Words have the incredible power to build up, but also to tear down. There is a reason that the Bible instructs us to be careful with them, for their consequences can have effects that linger for years. Just what does the Bible say about our words and how can we use them to bring joy, life, and love to our families?

LET'S TALK ABOUT IT

1. How have you noticed the impact of your words in your family? How have your family member's words most impacted you?
2. What do you think about the concept of the magic ratio – that for every negative interaction during conflict, a stable and happy marriage has five (or more) positive interactions? What do you think of this ratio within the context of your family now? What was it like growing up?
3. How could you see using this ratio with your interactions with others – your kids, parents, and extended family?
4. James says it's important to be slow to speak, quick to listen, and slow to get angry. Is there one of these that you're better about naturally doing in the context of your family? What would it look like for you to practice whichever one you struggle with the most?

THIS WEEK

Think about how you can use words to create a life-giving home and build self-confidence in your family. Write down some ideas for each person who lives in your house, or if you're currently living alone, think about how you can use your words positively to enrich your closest relationships.

"Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry."

James 1:19