Living, Family & Redefine Grace Groups



Responding to Challenging Situations in the Group: ADDITIONAL SAMPLE SITUATIONS & RESPONSES

Use the following sample situations to practice developing Validate, Affirm & Reconnect statements.

Validate

Validate the emotions and feelings being experienced.

Affirm him or her as a person of faith in Christ and as a valued member of the group.

Provide grace to help the individual and the group find an appropriate response and build a safe community.

SAMPLE SITUATION #1

"Every day my anxiety is horrible. I try to experience God, but I never experience Him or feel like He loves me. I want to be thankful, but I don't want to lie to myself and pretend that I'm 'thankful.' What am I supposed to do?"

V:

A:

R:

SAMPLE SITUATION #2

"He/she has destroyed our lives and the problems never end. We're going broke! No one seems to really understand ... my spouse won't even come to this group. I can't see any of this getting better."

V:	
A:	
R:	
SAMPLE SITUATION #3 "They've left me for another and I'm alone dealing with all the problems they have ruined me. NOW he/she wants me back and they're desperate. love him/her but I don't want them a part of my life I'm so torn."	
V:	
A:	
R:	

SAMPLE SITUATION #4

"We're so scared and feel alone. We're tired and we just don't feel any hope that he/she will ever get better. Why has God allowed us to go through this painful trial ... why is He not helping us?"

V:
A:
R:
SAMPLE SITUATION #5 "My spouse just left me and has taken everything, even the children. I have nothing! They have been horrible to me."
V:
A:
R: