

# VALIDATE!

## FACILITATORS GUIDE

Meeting # 6: *Chapter 5 - Escalation*

### AGENDA: (Suggested times)

10 min. *Arrive early.*

Arrange furniture for meeting. (Everyone should be able to see the others faces.)  
Find TV and video/DVD player. Cue up DVD or VHS for opening of meeting.

10 min. *Engage each participant as they arrive.*

Encourage soft drinks, coffee, cookies or snacks.

Kids off to childcare if necessary.

Greet any new additions to group and introduce them to someone else in the group.

5 min. *Settle into group, PRAY*

### MOST IMPORTANT ISSUE TONIGHT:

Anger in relationships is the cause of a ton of relational distress and a major contributor to conflict resolution. Anger expressions can be one of the most damaging and painful results of a lack of Validation. Anger is one of the worst relational dynamics that we can encounter. Unless our anger is righteously motivated (which is rare), when we express our anger we will likely sin. We must call it what it is to find freedom from its dominance in our relationships.

Be sure to read Article 1 on the website ([www.bobhornstein.com/freepages](http://www.bobhornstein.com/freepages)) under Free Pages – **Anger and the Believer in Christ**. This will help you guide the discussion this evening.

15 min. *Conversation Starter* – Use one of the following video's to start your conversation this eve. All of these are good. (Pick one)

#### Best Clip:

- Everybody Loves Raymond: Episode: Funny bathroom argument -  
<https://www.youtube.com/watch?v=lUC8Ijxdeo8>
- Watch: Is my anger ever good? Larry Crabb clip.  
<https://www.youtube.com/watch?v=Q84cnEzQOxw&index=3&list=PLvRAOBEpD7SVZx5TMyaweqH2FFxuWIK1Z>
- Listen: Tim Keller on Anger -  
<https://www.youtube.com/watch?v=pZ7cgVQGN7s>

15 min. *Outline of Tonight's Meeting:*

Discuss overall content:

- What impacted you the most from Steps 1-4 (W-I-S-D)?

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- Scripture – Pick one passage that personally spoke to you and emphasize it each week. Relate it to life and the study.
- Book Chapter 3?
- Any insights from Step 4 (your response)?

55 min. *Group Study:* Discuss Step 5 (O).

Read the questions and encourage participation by everyone.

10 min. *Have group complete Step 6 (M).*

5 min. Take time to pray for the individuals and couples in your group.

20 min. We are done, but please stick around for a few minutes if you can and get to know someone better.

Record any significant comments, questions, prayer requests, follow-up here:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.