

LET THE GAMES BEGIN

PART 3: The Mind Game

INTRODUCTION

Do you remember the board game slogan, “You learn about life when you play The Game of Life”? It’s true. We *do* learn about life when we play games. But too often, the lessons we learn aren’t healthy ones . . . especially when we play The Mind Game. Relationships built on The Mind Game can’t survive. The good news is there’s a better way.

DISCUSSION QUESTIONS

1. What was your favorite game as a kid? What did you like about it?
2. Talk about a time when someone misinterpreted your words or behavior. How did you respond to that misunderstanding?
3. Talk about a time when you misinterpreted someone else’s words or behavior. How did that misunderstanding affect your relationship with that person?
4. *“The interpretation we choose of the behavior we perceive will determine the distance we have between us.”* Do you agree that we choose our interpretations of other people’s behavior? Why or why not?
5. Read 1 Corinthians 13:6–7. What are some obstacles that stand in the way of always protecting, trusting, hoping, and persevering in your relationships?
6. Are you playing The Mind Game in a relationship right now? If so, what can you do to begin to *admit* your interpretation lacks information, *choose* to believe the best about the other person, and *ask* direct questions when you can’t believe? How can this group support you?

MOVING FORWARD

Love is the antidote to The Mind Game. Love gives the benefit of the doubt. Love assigns the best motives. Love is innocent until proven guilty. Love does not suspect another unjustly. Love can help you choose to find the most generous explanation for each other’s behavior and believe it.

CHANGING YOUR MIND

For now we see only a reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known. And now these three remain: faith, hope and love. But the greatest of these is love.

1 Corinthians 13:12–13