



## THOUGHTS FROM THE SON OF AN UNSUNG HERO

with Luke Smallbone

### ▶ FOCUS VERSE

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.  
Ephesians 4:32

### ▶ DISCUSSION

1. **Thinking back to your childhood, what was the time when your family faced its greatest struggles? (See *John 16:33*.)**
  - a. What was the source or cause of those struggles, and how did they affect your family?
  - b. How did your family eventually get through those challenges, and what did life look like after that?
  
2. **During that period of difficulty, what was the nicest, most generous thing a friend, neighbor, relative, or even total stranger did for you? (See *Proverbs 22:9*.)**
  - a. How was that assistance the answer to your prayers?
  
3. **Luke mentions the famous quote from Mother Teresa, “If you want to change the world, go home and love your family.”**
  - a. Can you think of an instance recently in which the attention and love you focused on your family, or one particular member of it, brought about noticeable positive change?
  - b. How did that make you feel?



- 4. Luke talks about how we're all members of families, even ones we might not be related to by blood—roommates, co-workers, teammates, and more.**
- Think of all the “families” you're part of, including your spouse and children. Which ones bring you the most joy?
  - Which ones are you most likely to put the greatest effort into?
  - Are there any that you might have been neglecting lately?
- 5. Talk about Luke's statement that “You can't always be ‘out.’” (See *Ecclesiastes 3:1-8.*)**
- Have there been times recently when you spent long periods away from home and the absence began to take a toll on you and your family?
  - Did that experience inspire you to make any changes in how you were living or balancing work and family?
- 6. What are some of the things you frequently “retreat” to—sports, TV, hobbies, playing games on your phone, even unhealthy things like drinking or smoking?**  
*(See *Matthew 11:28.*)*
- When do you find yourself retreating to those things, and has your family noticed?
- 7. Of those “retreats,” what are the more benign ones that you might even be able to include your spouse and children in, and which are the more unhealthy ones you might want to consider reducing or eliminating entirely?**
- Where are some places that time could be better spent?

