# **Keep It Together**

Part three of the series. "Familia"

### Friday, August 19, 2022 | Sean Quillopo

### Choose Jesus over our FEELINGS and EMOTIONS.

"Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. <sup>32</sup>Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. <sup>1</sup>Follow God's example, therefore, as dearly loved children <sup>2</sup>and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God." (Ephesians 4:31-5:2 NIV)

## Jesus <u>RECONCILED</u> us so that we can <u>RECONCILE</u> with our family.

"Once you were alienated from God and were enemies in your minds because of your evil behavior. But now he has reconciled you by Christ's physical body through death to present you holy in his sight, without blemish and free from accusation..." (Colossians 1:21-22 NIV)

We can <u>CHANGE THE WORLD</u> starting with how we love our family. "Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord." (Hebrews 12:14 NIV)

#### **Discussion Questions:**

- What's something your family always fights about? How does it make you feel?
- What's one way you can bring peace and reconciliation in your family?