

WB: The Story I Did Not Know I Would Tell

Nugget of Wisdom: Power is not the problem, but the heart of the one who wields it must be examined closely.

SOP: As you sit together this evening, reflect on the story and the role that lack of understanding and pressure played in it. I lost well over one hundred hours in this process, not fully understanding the tools I was using, yet at the same time, I could not have written this book without them. Focus your discussion on how you respond when things become difficult, confusing, or overwhelming. Listen carefully, share honestly, and seek to understand each other's thoughts, feelings, and reactions under pressure.

Questions (Pressure and Personality):

1. When things started going wrong, what was your first reaction—quit, frustration, or push forward?
2. What does your response to pressure reveal about your personality?
3. How do you typically use the “power” you have—your words, decisions, or influence—when you're stressed?
4. How would you feel if your mate shut down and did not communicate under stress?
5. On a scale from 1 to 10, if the issue was only a 3 but very stressful, would you persevere—and if it was a 7, what would you do differently?

Mission: This week, you're going to play two simple games designed to create a little pressure and reveal how you respond.

Game 1: At a kitchen table or long surface, take a small piece of paper, fold it into a tight cube, and tape it if needed. Using only your index finger, flip the cube toward the other person's edge of the table. Each person gets five attempts. No practice rounds. Whoever gets closest to the edge wins. As you play, pay attention to how you feel. Do you get frustrated, competitive, focused, or do you enjoy the challenge?

Game 2: Take a silverware tray out of the drawer. Blindfold your partner. Using only touch, they must place the silverware in order from left to right (knives, forks, spoons, etc.). Time each other. Whoever completes it the fastest wins.

After both games, remove the blindfold, give each other a hug, high five, or simple acknowledgment, and then sit down together and talk about what you experienced. Share how you felt during the challenge, how you reacted under pressure, and what that reveals about your personality. Take it one step further and ask yourselves how these reactions might look in more serious or life-changing situations.

Closing: As you leave tonight, I hope you are beginning to understand each other more and build stronger relationships through this group.

Closing Thought: If you are not sure how to pray, you can use a simple line like this. Father, thank you for this group. Thank you for being in my life. Thank you for helping me better understand who I am and how to grow.