

### **Message Study Guide**

(Scriptures & quotes from this week's message are available on [thorncreek.church/live](http://thorncreek.church/live))

#### **Warming up**

1. When was the last time you gave someone the silent treatment? What was the outcome?
2. Have you been the recipient of silent treatment? How did it make you feel?

#### **Digging Deeper & Application**

Take your time reading the scripture given. If possible look up the verses in different versions and pause at each verse and discuss it.

Read 2 Corinthians 2:5-11

3. What are your initial thoughts?
4. According to the passage, what offense did this person do? Who did it?
5. How did the church respond?
6. What was Paul's concern?
7. Pastor Ruben shared three reasons why people use silent treatment. Which one has applied to you? Avoidance: In some cases, people stay silent in a conversation because they do not know what to say or want to avoid conflict. Communication: A person may use the silent treatment if they do not know how to express their feelings but want their partner to know that they are upset. Punishment: If a person uses silence to punish someone or to exert control or power over them, this is a form of emotional abuse.
8. What does Ecclesiastes 7:21-22 mean to you? Compare it with this quote from Steven Furtick, "The reason why it's so hard for you to stay happy is because it's so easy for you to get offended."
9. Would people say you get offended easily? Why?

10. In 2 Corinthians 2, what was the spiritual danger and why did Paul bring up Satan? What "schemes" is Paul talking about?
  
11. What does Galatians 6:1 mean to you? Have you ever followed this advice and actually helped someone out?

### **Application**

Below are some of the points or quotes shared in the message.  
Discuss how they apply to your life.

- The silent treatment is a refusal to communicate verbally with another person. People who use the silent treatment may even refuse to acknowledge the presence of the other person.
  
- Rick Thomas said, "Silent Treatment is the sanitized version of murder. It says, "I do not like you. Therefore, I am going to treat you as though you do not exist by not speaking to you."
  
- Les Parrott, a psychology professor at Seattle Pacific University, co-author of *The Good Fight: How Conflict Can Bring you Closer* says: "The silent treatment is a very difficult pattern to break because it's such an ingrained behavior. We learn this strategy very early on — just as little kids — to shut somebody out as a way to punish," Parrott says. "Many of us are prone to sulk or to pout, and that is an early form of giving somebody the silent treatment. Nothing good comes from the silent treatment because it's "manipulative, disrespectful and not productive."
  
- It's ironic that Christians can hurt so easily, when the entire message of the gospel is how Christ took our punishment for our sins so that we could be forgiven.
  
- Sometimes, God will bring someone into your life that is struggling with something you have struggled with because you know how to comfort them because God comforted you.