



HOW TO LOVE SOMEONE YOU HATE

## 4. Walk a Mile

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1. When something goes wrong in your life, do you seek first to understand or be understood? Where is your focus? Give an example. (Open discussion)
2. Have you ever had an "opposite" emotion (i.e. the elder brother in the parable of the Prodigal Son)? What caused it? (Open discussion)
3. How can you better understand where someone is coming from? (Open discussion)
4. Consider a person you cannot stand. What, in your opinion, are some of the emotions, thoughts and positions that may be causing their annoying or hurtful behavior? (Each discuss)