



## PART 1: CULTIVATE YOUR PERSPECTIVE

### CONNECT

Take a few minutes to discuss this question in your group:

What's something about the empty nest season that has surprised you—either in a good way or a challenging way?

### LEARN

Before watching the video together and discussing the questions provided, we suggest taking a few moments to pray. Here's a simple prayer you can use:

*Heavenly Father, thank you for walking with us through every season of life. Please help us cultivate a healthy perspective, strengthen our relationships, and recognize the good things you are doing in and around us. Amen.*

After praying, watch the video for Part 1.

### APPLY

After the video, discuss the following questions as a group:

1. What worries or concerns tend to dominate your thinking in this season? What good things might you be overlooking?
2. Read Philippians 4:6–8.

*“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.... Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.”*

What stands out to you most from these verses? Why do you think gratitude and focus are so connected to peace?

3. Why do you think curiosity and intentional conversations become especially important in close relationships during the empty nest years?



4. Different people experience insecurity and need encouragement in different ways. How can learning what those closest to you need strengthen your relationships with them?
5. What helps you feel connected and supported? What stands in the way of you expressing that desire to those around you?
6. What's one practical step you can take this week to cultivate a healthier perspective or stronger relationships?

## BEFORE NEXT TIME

This week, intentionally focus on one good thing each day that you might normally overlook—and express gratitude for it to someone else or to God.

## PRAY

We suggest ending your group with prayer. Here's a sample prayer you can use:

*Heavenly Father, help us slow down, listen well, and respond with grace in our closest relationships. Teach us to encourage the people around us well and to cultivate gratitude, connection, and hope in this season of life. Amen.*