

A Small Group Leader's Guide to the Relate Podcast

On behalf of the Relate Ministry—thank you for the ways you serve and lead the members of your small group! Our desire is to help you, the leader of your group, navigate and facilitate the content that can be found within the Relate Podcast and its various seasons. If you have questions or stories as you engage the episodes we would love to hear from you. Email us at relate@willowcreek.org.

The Relate Podcast exists to help us all get curious about the way we relate to ourselves, God, and others. Our desire is for each of us to do the rest of our lives better by building better relationships. In this guide you will find an overview of each season of the podcast so that you can find a topic that would be the next right thing to challenge, inspire, and build the relational health of your members.

Season 1: Your Past is Present (Episodes 1–6)

In this first season of the Relate Podcast we explore how the families that raised us helped shape who we are today--and how both the beautiful and broken parts of our stories show up in our relationships with others, even our relationship with God. In these 6 episodes you will learn how to lean into your greatest strengths, break free from unhelpful, outdated relational patterns, and see ways your experience from your childhood is shaping or distorting your view of God.

Season 2: The Me in We (Episodes 7–10)

So many of us are good at caring for our friends, family, and coworkers but what about ourselves? God does not ask us to serve and care for others at the expense of our own well being. This second season of the Relate Podcast will help you to discover ways that you can give of yourself to others while also doing the important work of honoring yourself in your current relational world. You will learn to rightsize your relational commitments, expectations, and energies to fit who God made you to be.

Season 3: Turning Disappointment into Deeper Connection (Episodes 11–14)

Relationships bring us joy, support and connection, but the unavoidable truth is that they also often bring us disappointment. Season 3 of the Relate Podcast helps us to identify ways we are experiencing a gap between what we hoped for and what we are currently experiencing in our relationships. We will also identify some useful tools that will help us lessen the gap. Addressing our disappointment can be scary but we discuss how to proceed so that it can ultimately bring us closer to what we really want: deeper connection with those we love. This season ends with a festive and fun live podcast recording with special guest Albert Tate where we discuss how to navigate awkward conversations with our families at the Holidays.

Season 4: New Year, New You? (Episodes 15–18)

Why is it that come January 1 we are bombarded with messages that we need to change all the less-than-desirable parts of ourselves and become a new person? What is it about our culture that obsesses with a “New Us” at the New Year, and what is it about ourselves that joins in? Is this what God wants for us? Season 4 discusses the answers to these questions and also explores ways to go about healthy, lasting growth in areas that God is truly inviting us into.

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