

# Don't Tell Me Don't

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Clearly expressing what we need from others is more helpful than stating limitations. Show your care for one another by explaining what you want or need in various situations.

**For**  
Adult, Couple

## Season

Fall

## Needed

Bible, Situation Cards worksheet (see last page), scissors, commitment to trust and share personal preferences

## Prepare in Advance

Make a copy of the Situation Cards worksheet and cut the cards apart.

## Activity Plan

1. Start by praying together:

*God, you made us for relationships. Bless our conversation and draw us closer together. Amen.*

2. Agree to work at being gracious and patient as you share your wants and needs in the situations described on the cards.
3. Take turns selecting a card and reading it aloud. Avoid telling the other person what they have done in the past in similar situations, or what *not* to do. Instead, explain the type of response you desire in such situations. It might help to start with words like: "When this situation happens, I would feel loved and cared for by words or actions like these ..."
4. Read aloud Galatians 6:2 from your Bible or the text below. Discuss what you think this verse means.

### Galatians 6:2

Bear one another's burdens, and so fulfill the law of Christ.

5. Pray together, asking God to help you respond with love and care to one another other by doing what has been described as helpful in the situations discussed.
6. The next time one of these situations comes up, try to respond appropriately. Afterward, gently ask if you responded in a way that helped the other person feel cared for and loved.

## Situation Cards

<b>When we are planning something major ...</b>	<b>When I am tired ...</b>
<b>When I am worried ...</b>	<b>When you are angry with me ...</b>
<b>When I have made a mistake ...</b>	<b>When something good happens to us...</b>
<b>When I don't know what to do...</b>	<b>When I am acting silly...</b>

