

# Bulletproof

## Assume The Best (Week 3)

### LifeNotes

## TALK IT OVER

### Main Idea

Assuming the best sows seeds that will reap a harvest of blessing.

### Key Scriptures

Do not be deceived, God cannot be mocked. A man reaps what he sows.  
Galatians 6:7

Be completely humble and gentle: be patient, bearing with one another in love. Make every effort to keep unity of the Spirit through the bond of peace. Ephesians 4:2-3

In the course of time, the king of the Ammonites died, and his son Hanun succeeded him as king. David thought, "I will show kindness to Hanun son of Nahash, just as his father showed kindness to me." So David sent a delegation to express his sympathy to Hanun concerning his father. When David's men came to the land of the Ammonites, the Ammonite commanders said to Hanun their lord, "Do you think David is honoring your father by sending envoys to you to express sympathy? Hasn't David sent them to you only to explore the city and spy it out and overthrow it?"  
2 Samuel 10:1-3

But they fled before Israel, and David killed seven hundred of their charioteers and forty thousand of their foot soldiers. He also struck down Shabaka the commander of their army, and he died there. 2 Samuel 10:18

Assuming the worst leads to destruction.

### We assume the best when we:

Love bears all things, believes all things, hopes all things, endures all things. 1 Corinthians 13:7

1. Create safe spaces.
2. Choose to trust.
3. Expect the best.

### Start talking.

- Why are we inclined to assume the worst in those we love most?
- Describe a recent situation where a small misunderstanding resulted in conflict.
- How does assuming the worst lead to a "self-fulfilling" prophecy?

### Start thinking.

- Read Ephesians 4:2-3. How does this passage relate to our assumptions toward others?
- Read 2 Samuel 10:1-3. Why were Hanun's men quick to assume the worst? Why was Hanun quick to believe their assessment?
- What assumptions did David make?
- Read 2 Samuel 10:18. What were the costs from the seeds that Hanun and David allowed to take root?

### Start sharing.

- What about your past has made it easier or harder to believe the best in others?
- How have you been hurt from assuming the worst?
- How would your relationships change if you started from a place of assuming the best?

### Start doing.

- Read 1 Corinthians 13:7.
- Choose one of the three responses and describe how you will practically apply it in your relationship(s).

### Closing prayer.

Jesus, forgive me for the ways I have assumed the worst in others. Forgive me for how that has opened the door for me to sow resentment and distrust. Help me LORD to choose differently. Give me the courage to choose to love others well by assuming the best.