

FINDING HEALTHY BALANCE
GOODINTENSION
IN A CULTURE OF EXTREMES

Regulate (Walking the Tightrope of Truth and Grace)

MAIN SCRIPTURE

Matthew 11:28-30

John 1:14

Healthy _____ is a life _____ on Jesus.

Balancing grace and truth is the key to deep _____ and
faithful Christian _____.

John 1:14

1.) Receive the _____ of Jesus.

His _____ welcomes us into a life His _____ transforms.

Grace without truth leads to _____...truth without grace leads
to _____.

John 8:7-11

Love gives _____ a restoring _____. Truth gives _____
_____.

_____ does not require pretending harm is _____...
_____ does not authorize _____.

Jesus' example shows us that real love holds _____ and _____
together.

2.) Create _____ before you _____.

James 1:19-20

_____ another person is not _____ every conviction.

Ephesians 4:15

3.) Make room for _____ and _____.

A practical rhythm:

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |

A _____ with a clear _____ to return can _____ a relationship.

_____ and _____ are not always the same thing.

Healthy relationships thrive on both _____ and _____.

4.) Speak truth for _____.

2 Timothy 2:24-25

Gentleness does not _____ disagreement...it changes the way we
_____ disagreement.

Our work is to _____ faithfully, _____ wise help when needed,
and _____ the outcome to God.

The church is called to be both a _____ for sinners and a
_____ for saints.

Recognizing _____ does not mean accepting endless _____.

“Talk About It” questions

1. Do you more often avoid necessary truth or communicate it harshly? What helps you recognize that pattern?
2. What does John 1:14-17 show about grace and truth in Jesus?
3. How could James 1:19 change the pace of a recurring conversation?
4. What distinguishes a restorative pause from withdrawal that punishes another person?
5. Rewrite one difficult statement so it remains honest and becomes more gracious.

Five-day practice: Build the pause

Day 1: Read John 1:14-17. Ask Jesus to shape both your convictions and your manner.

Day 2: Read James 1:19-20. Listen to someone without preparing your answer while they speak.

Day 3: Before sending a difficult message, pause and remove insults, labels, and exaggerations.

Day 4: Read Ephesians 4:29-32. Speak one specific word that builds another person up.

Day 5: Have or schedule one needed conversation. Communicate a clear concern with care.