


**USE THESE QUESTIONS AND RESOURCES TO HELP YOU PROCESS THE MESSAGE DURING YOUR STUDY TIME OR WITH YOUR GROUP.**

**Message Recap:** The Four Horsemen of the Apocalypse is a metaphor used in the New Testament. This message examines the metaphor concerning destructive communication styles and patterns that, according to research, can predict the end of a relationship. Then, we'll explore the antidotes to each deadly horseman in light of the Gospel.

**» Main Points**

- The Antidote to Criticism is a Soft Start.
- The Antidote to Contempt is Appreciation.
- The Antidote to Defensiveness is Ownership.
- The Antidote to Stonewalling is a Time-Out.

**» Getting Started**

- The four negative communication styles leading to an “apocalypse” in a relationship are Criticism, Contempt, Defensiveness, and Stonewalling. Which of these styles resonates most with you?

**» Observation**

- Read and reflect on [Revelation 6:1-5, 7-8; 19:11-16; Colossians 2:13; 1 Corinthians 1:4; Proverbs 28:13; 29:11; Ecclesiastes 7:9](#)
- What are your initial reactions to these passages? What do you find challenging? Are you encouraged by any of these verses?


**reachout**

- A misunderstanding or miscommunication can mess up a relationship with a neighbor, coworker, or friend. This week, make sure that your communication with these people doesn't involve criticism, contempt, defensiveness, or stonewalling. Keep communication lines open and walls down.


**growdeep**

- Criticism: What is the key difference between expressing a complaint and engaging in criticism within a relationship, and how can recognizing this difference help prevent further deterioration of the partnership?
- Contempt: What are some specific behaviors that characterize contempt in communication, and how can they affect the dynamics of a relationship over time?
- Defensiveness: How does defensiveness manifest in response to criticism, and what are the potential consequences of this behavior on conflict resolution within a relationship?
- Stonewalling: The path that leads to death. What are the signs of stonewalling in a relationship, and how can taking a break during a conflict help partners effectively address their issues?


**partner  
with families**

- This week is a great one for your family to reset communication. Talk with your spouse and kids to make sure you're all communicating effectively and clearly. If you run into one of the Four Horsemen, address it this week!

**» Next Steps and Prayer**

- We all have work to do and things we can do better. Which antidote can you put into practice this week: a soft start, appreciation, ownership, or asking for a break (before coming back to the conversation)?
- Close by praying that God will give you the strength to press in and work on yourself and your communication.