

# THREE INGREDIENTS FOR *Relationships* THAT GO THE *Distance*

## A Confession

Every conflict feels like it's about what someone else did, but the real source runs deeper and it's hard to admit.

## Discussion Questions:

1. When angry, do you lash out or shut down?
2. Think about a recent conflict or ongoing tension in your life. What did you initially believe was the source of the problem?
3. Read **James 4:1–2** aloud.

*What causes fights and quarrels among you? Don't they come from your desires that battle within you? You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight.*

What stands out to you about how desire leads to conflict?

4. James keeps repeating the idea that “you aren't getting what you want.” Why is that such a difficult thing to admit in the moment?
5. Where in your life do you feel most easily triggered right now?
6. What would help you remember to prepare ahead of time or pause in the moment to recognize the source of your anger?

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Speaking of Ingredients...

## Recipe

### CHOCOLATE CHIP COOKIES

Ingredients:

- 2 sticks of butter (browned)
- 1 cup brown sugar
- 1 tablespoon vanilla bean paste
- 2 eggs
- 2 1/2 cups + 2 tablespoons of all purpose flour (I use 1:1 GF flour)
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 3/4 teaspoon salt
- 1 1/2 cups chocolate chips
- Flaky sea salt for topping

#### INSTRUCTIONS

1. Brown the butter in a pot on medium low until golden brown.
2. Add butter, sugars, and vanilla to the bowl and mix until combined.
3. Add eggs and beat until combined.
4. Add flour, baking soda, baking powder, and salt.
5. Let dough rest for 30 minutes.
6. Scoop dough and place on pan lined with parchment paper.
7. Bake at 350° for 9 minutes or until cooked throughout.
8. Remove from oven and let cool.
9. Enjoy!

