



Discussion Guide for “Unconditional Positive Regard”

Growing Together Week 5

Since we live in our own heads, we tend to give ourselves the benefit of the doubt. But we judge others harshly in part because we can't see what burdens they carry. Healthy relationships are characterized by Unconditional Positive Regard, or giving others the benefit of the doubt. This is a grace we can only give when we first receive it from God. So how do we do that?

Scriptures for Further Reading

[Philippians 2:1-4](#)

[James 1:19-20](#)

[Romans 15:5-7](#)

[Colossians 3:11-15](#)

Passage for Sacred Reading:

Sacred Reading is a way of reading Scripture with an eye toward transformation, not just information. You can find a [step-by-step guide here](#). The passage for this week's sacred reading is [Philippians 2:1-11](#).

Questions for Discussion

1. Can you think of a recent time you gave yourself the benefit of the doubt when you didn't live up to someone's expectations (even your own!)?
2. How would you define “Unconditional Positive Regard” (UPR)?
3. Reread Paul's instructions to the Philippians in 2:1-4. Do you struggle to extend the benefit of the doubt to others? Discuss.
4. Why did Debbie describe UPR as a grace? Does that change how you view the concept?
5. UPR is not the same as accepting another person's behavior. Why not? (And why give someone UPR if that's the case?)
6. Where do you need to practice UPR this week?