



My Relationships – Week Five

DISCUSSION GUIDE

Overview

As we continue the *Reset* series, Pastor Steve shows us the importance of resetting our relationships.

Discussion Questions

If you watched Pastor Steve's sermon message, what resonated most with you?

Being in meaningful relationships is life-giving. Solomon reveals in **Ecclesiastes 4:9-12**: **“Two are better than one, because they have a good reward for their labor. For if they fall, one will lift up his companion. But woe to him who is alone when he falls, for he has no one to help him up. Again if two lie together, they will keep warm; But how can one be warm alone? Though one may be overpowered by another, two can withstand him. And a threefold cord is not quickly broken.”**

Why do we need godly relationships?

God has intended for us to have healthy, rich relationships. Jonathan and David give us an example in Scripture of a godly relationship. **1 Samuel 18:1, 3-4**: **Now when he had finished speaking to Saul, the soul of Jonathan was knit to the soul of David, and Jonathan loved him as his own soul...Then Jonathan and David made a covenant, because he loved him as his own soul. And Jonathan took off the robe that was on him and gave it to David, with his armor, even to his sword and his bow and his belt.”**

Jonathan saw qualities in David that King Saul did not. He was willing to give up his power and prestige to become friends with David. Jonathan was now knit with the soul of David. What do you think it means to be “one in spirit” with someone? What qualities do you look for in a friend?

How do we build those rich, deep friendships that encourage us in our time of need? Through the life of Jonathan, we can learn **Three Ways to Build Healthy Relationships**:

1. Focus on other's potential.

Jonathan did not see weakness in David, but greatness. We need to see the strength of a friend's character if we are to have a lasting relationship. What is special about the relationship between Jonathan and David?

2. Honor others with your words.

Jonathan gave encouraging words to David during a critical moment in his life. We read in **1 Samuel 20:4: So Jonathan said to David, "Whatever you yourself desire, I will do it for you."** You can bring out the best in others by speaking loving and encouraging words over them. Share a time when a good friend gave you the encouragement you needed in that moment.

3. Invest in others.

For relationships to thrive, we need to be givers, rather than takers. Relationships are emotional bank accounts. In every relationship, you are either making deposits or withdrawals from that account. Why is it so important to invest time in others?

How do we make withdrawals? When we think only about ourselves, we inevitably make big withdrawals such as not forgiving, gossiping, not keeping our commitments, or withholding love and appreciation. What happens to our godly relationships when we make unhealthy withdrawals?

How do you make deposits? It's by acknowledging people, serving them, praying for them, and putting them first. Are you that kind of friend to others? Explain. How can you improve?

Life Challenge

Other than someone in your family, who is the best godly friend you ever had? What made that person a great friend? What steps do you need to take to reset your relationships? Commit to taking one step this week.

Prayer

Father, thank You that You have created in me a desire to be with others. Help me to see the good and unfailing love You have for me in them as well. Bless my present and future friendships so that we can grow together and complete Your purpose for our lives. Pray for the specific needs of the group.