



## New Paths – Week 4

### DISCUSSION GUIDE

#### Overview

In the final message of the series entitled, *Road Trip: Navigating Life's Relationships*, we will look at new paths that will get us on the road to healthy relationships.

#### Discussion Questions

**Genesis 2:18** says, "The LORD God said, "It is not good that man should be alone; I will make him a helper comparable to him." God designed us in such a way that we can only flourish as individuals in the context of healthy relationships.

We are created with a spirit, soul, and body. Our spirit is the central part of who we are and where God lives in us. Our soul is our mind, will, and emotions. Our body is composed of the five senses. Healthy marriage relationships connect on all three levels.

Three Markers on the Road to Healthy Relationships:

1. Spiritual Reconciliation

The definition of reconciliation is: to render no longer opposed; to win over to friendliness; cause to become amicable; to bring into agreement or harmony.

**Galatians 5:14-16** says, "For all the law is fulfilled in one word, even in this: "You shall love your neighbor as yourself. But if you bite and devour one another, beware lest you be consumed by one another!" I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh." When we choose to reconcile with others, we are able to live in peace and love with one another like the Scripture commands us to do.

- Why can it be difficult to reconcile with others?
- Why is reconciliation necessary for healthy relationships?

2. Emotional Restoration

**Galatians 6:1** says, "Brethren, if a man is overtaken in any trespass, you who are spiritual restore such a one in a spirit of gentleness, considering yourself lest you also be tempted." To *restore* means to put back in order. Restoration begins when we are willing to be honest enough to identify areas of our relationships that need to be restored.

Two Things to Restore:

### Honor

The apostle Peter calls husbands to honor. **1 Peter 3:7** says, “**Husbands, likewise, dwell with them [your wives] with understanding, giving honor to the wife...**”

The apostle Paul challenges the wives to honor and respect their husbands.

**Ephesians 5:33** says, “**Nevertheless, let each one of you in particular so love his own wife as himself, and let the wife see that she respects her husband.**”

Honor is the key ingredient in a home and marriage. It’s important that we recognize the worth of our spouse and others and see them as God’s gift to us. To honor others, we should look past their differences and honor them for who God made them to be.

### Appreciation

We can enhance our emotional connection by showing our gratitude and appreciation. We can show our appreciation by understanding the love language of our spouse and others. There are five primary love languages: quality time, words of affirmation, gifts, acts of service, and physical touch. We can actively love others in the way that they feel loved by knowing their love languages.

\*Take the **free** assessment for couples, singles, teens, and children at [ChurchoftheKing.com/LoveLanguages](http://ChurchoftheKing.com/LoveLanguages).

- How can we honor others in order to create healthy relationships?
- Why is it important to understand how we feel loved and how we can better love others?

### 3. Physical Relationship

**Ephesians 5:31** says, “**For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh.**” Elsewhere, **Proverbs 5:18** says, “**Let your fountain be blessed, and rejoice with the wife of your youth.**” These verses are referring to the marital, sexual relationship.

As Christians, we should be focused on having a healthy, fulfilling sexual relationship within our marriage. Adultery destroys marriages and fornication ravages the human soul. It can prevent people from experiencing intimacy the way that God designed it to be experienced—in the context of a healthy marriage.

There are great rewards to a Spirit-filled marriage and relationships. If we continue to pursue restoration and reconciliation, while having a willingness to be restored, we will become strong.

- What do you think a Spirit-filled marriage or relationship looks like?

## **Life Challenge**

Evaluate your relationships this week. Ask God which relationships need to be reconciled, and allow the Holy Spirit to reveal to you the process of beginning restoration.

## **Prayer**

*Thank You, God, for giving us new paths to follow into healthy relationships. Please continue to show us how to reconcile with others and restore our relationships. As we draw closer to You, give us the grace and wisdom we need to create healthy relationships with others. Amen.* Pray for the specific needs of the group.