

'Transformed: How God Changes Us' | Study Guide

WEEK 5: RELATIONAL HEALTH Part A

Key Verse: "Most important of all, continue to show deep love for each other, for love covers a multitude of sins." - 1 Peter 4:8

Discuss: What stood out to you from Sunday's sermon?

Watch: Video introduction by Pastor Steve

Recap Sunday's Sermon: "*Evaluating Our Close Friendships*"

- ❖ There are two kinds of friends: Casual and Close.
- ❖ Five kinds of people to avoid as close friends:
 1. Lazy people (2 Thess. 3:6)
 2. Angry people (Prov. 22:24-25)
 3. Immoral people (1 Cor. 5:9-11)
 4. Greedy people (Prov. 23:6-7)
 5. Unbelieving people (2 Cor. 6:14)

- ❖ Choose close friends who will...
 1. Challenge you mentally (Prov. 13:20; Prov. 27:17)
 2. Support you emotionally (Prov. 17:17; Gal. 6:2)
 3. Strengthen you spiritually (1 Thess. 5:11; Heb. 10:24)

Discussion questions for encouraging one another: (If your group is large, please break people up into groups of 4 or less.)

- ❖ Growing up, did your parents talk about the kinds of friend they wanted you to have?
- ❖ Did your parents close friends bring them up or bring them down?
- ❖ Talk about the power of close friends in your own life? How have they shaped and influenced you – for better or for worse?

Discussion questions for challenging one another:

- ❖ When was the last time you evaluated your close friendships? What was the result?
- ❖ What are the obstacles you face to evaluating your close friendships according to the lists above?
- ❖ How can you address those obstacles, evaluate your close friendships and make the needed adjustments?

Closing prayer:

- ❖ Share how you're doing with the habit you chose last week.
- ❖ For those who feel comfortable, pray around the table/group, each person thanking God for the close friends you have and asking God to give you the courage to evaluate and make needed adjustments.

'Transformed: How God Changes Us' | Daily Devotional

WEEK 5: RELATIONAL HEALTH Part A

Key Verse: "Most important of all, continue to show deep love for each other, for love covers a multitude of sins." - *1 Peter 4:8*

*This week's readings show the relationship of David with King Saul and his son Jonathan. They pick up just after David has left his father's pastures to go to war against the Philistine army. Upon victory, David the shepherd and harpist, now finds himself in the king's court as harpist and general, servant of the king, and friend of Jonathan.

Daily readings:

- ❖ Day 1 – Read 1 Samuel 17:50-18:16
- ❖ Day 2 – Read 1 Samuel 19:1-24
- ❖ Day 3 – Read 1 Samuel 20:1-42
- ❖ Day 4 – Read 1 Samuel 26:1-25
- ❖ Day 5 – Read 2 Samuel 1:1-27

Reflect:

- ❖ What does the passage reveal about God's heart?
- ❖ What can you relate to in this passage?
- ❖ Where do you see 'transformation' in this passage?
- ❖ What do you think God wants you to believe about Him after reading this passage?

What first step are you taking to implement the habit you want to begin to improve your relational health? Who will you connect with to establish accountability for this new habit?

❖ _____

Write a prayer to God to help you in your relational health:

❖ _____

