

'Transformed: How God Changes Us' | Study Guide

WEEK 6: RELATIONAL HEALTH Part B

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: "*How to Build Healthy Relationships*"

❖ 8 Practices to Build Healthy Relationships...

1. Get interested in other people. (Prov. 18:1; Phil. 2:4)
2. Don't be a chronic complainer. (Phil. 2:14-15)
3. Be a good listener. (James 1:19; Prov. 20:5)
4. Accept people unconditionally. (Rom. 15:7; Prov. 17:17)
5. Help people feel significant. (Rom. 12:10; Phil. 2:3)
6. Be sympathetic. (Rom. 12:15)
7. Stick with them in tough times. (Prov. 18:24; Eccl. 4:9-10)
8. Share Christ with them. (Lk. 8:39; Lk. 6:31; Jn. 15:1)

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

- ❖ Which of the above relationship building practices were emphasized in your home growing up?
- ❖ Which 2 of the 8 listed above have you most appreciated receiving from friends? Why? Share a story of how you benefited from a friend practicing one of the relationship building practices.
- ❖ With which of the 2 do you feel most comfortable and competent? Share an example of how you practiced that relationship practices benefited someone.
- ❖ What stories come to mind of Jesus practicing these relationship building practices during his earthly ministry?

Discussion questions for challenging one another:

- ❖ Which one or two of the 8 relationship building practices are most difficult for you? What is the obstacle and how might you address that?
- ❖ What can be done to include #8 – '*Sharing Christ with them*' – in more of our relationships? What are some simple practices, such as "How can I pray for you?" that you could implement:

Closing prayer:

- ❖ Thank God for the healthy relationships He has given you and ask God's Spirit to increase your ability to build healthy relationships.

'Transformed: How God Changes Us' | Daily Devotional

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*This week's devotions address how as Christians we are to relate to one another. This begins with the source of power - our connection to Jesus - and then moves into our attitudes towards, understanding and judgments of, and behaviors with each other.

Daily readings:

- ❖ Monday – Read John 15:1-17
- ❖ Tuesday – Read Romans 12:3-21
- ❖ Wednesday – Read Romans 13:8-14
- ❖ Thursday – Read Romans 14:1-15:7
- ❖ Friday – Read 1 John 3:11-24

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 practice you want to begin to improve your relational health? Who will you connect with to establish accountability for this new practice?

❖ _____

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

❖ _____

