



Week 6 – Healthy Relationships

Announcements

- **101 Starting Point** -- Sunday, March 3rd, at 5:00 pm at all campuses. Starting Point is the first step toward getting involved at Church of the King by learning about the vision and mission of the church. Register at www.churchoftheking.com/register
- ***What on Earth Am I Here For?*** begins February 16-17, 2013 at all Church of the King campuses. For your convenience, you can purchase your books at all Church of the King bookstores.

Warm-up

How has the creation of social media (Facebook, Twitter, LinkedIn, etc.) affected your relationships? Are they better, worse or not affected at all?

Today we are going to discuss what God has to say about the value of relationships in our lives.

Word & Application

"The quality of your life is determined by the quality of your relationships." Do you agree or disagree with this statement? Why?

Healthy relationships have a positive effect on everything in our lives. Even our physical health is affected by our relationships. Loneliness has proven to be a risk factor for heart health and other age-related health issues.

Why do you think relationships affect our physical health?

Our relationships influence all of our health because according to Genesis 1:26, we were created in the image of a relational God.

"Then God said, 'Let us make mankind in our image, in our likeness...'"

For the rest of our discussion time we are going to answer three questions that will help us “Live Well” in our relationships.

1) Am I nurturing and initiating important relationships?

Read Proverbs 12:26. How are we to choose our friends? Why do you think so much emphasis is placed upon whom we choose to be our close friends?

Read Proverbs 27:6 and Ephesians 4:15. According to these verses, what is an important quality of a true friend? Do you have relationships that meet these Biblical standards?

Relationships that promote growth take time and effort. Are you investing the necessary time and effort to develop healthy relationships?

2) Am I limiting unhealthy relationships

Read 1 Corinthians 15:33 and Proverbs 13:20. What will happen to a person who is involved in unhealthy relationships?

After reading these verses, do you see the relationships in your life as helpful or harmful? Why? How can you limit the unhealthy relationships in your life?

How do you draw proper boundaries in your relationships so you can draw strength from godly relationships? How can you maintain healthy boundaries and still continue to be “salt and light” (Matthew 5:13-16) through your relationships with non-Christians?

3) Am I seeking restoration in broken relationships

Read Colossians 3:13 and Matthew 5:23-23. Why is restoration difficult? What are the risks of striving for restoration? What are the rewards?

Take a moment and reflect on whom you need to forgive and seek restoration.

The three questions we must ask ourselves about relationships are

- 1) Am I nurturing and initiating important relationships?
- 2) Am I limiting unhealthy relationships?
- 3) Am I seeking restoration in broken relationships?

Which of these questions do you find to be the most challenging? Why?

What steps are you going to take this week to improve your relationships? How can we, as a small group, help you?

Prayer

Pray for everyone in the group to take the necessary steps to improve their relationships. Also, take time to ask for specific prayer requests from those in your small group.