

RELATIONSHIP GOALS; Season 2

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TALK ABOUT IT

1. What is the best relationship advice you were ever given?
2. What do you discover about God when you realize He designed you, He designed relationships, and He designed you for relationship?
3. Consider *tender-hearted mercy, kindness, humility, gentleness, and patience*. Which one has God purposed for you this week?

LOOK AT THE WORD

Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you. Romans 12:2

- Read Romans 12:2 in other translations.
- What does it mean to be "well-adjusted to your culture"?
- What does it mean for a first century Christian to think about their culture?
 - What temptations exist when you think about culture? To criticize? To compliment? To protest? To pray for?
- How would Paul's hearers "recognize what he wants from you"?
- Why does Paul assume that culture is immature?
- What does it mean when "God brings out the best out of you"?

Guard your heart above all else, for it determines the course of your life. Proverbs 4:23

- Why does the writer encourage the guarding of your heart?

- How does the heart determine the course of your life?
- If you have taken Trinity's Rule of Life course, what do you know about the heart and its role in your life?

As a face is reflected in water, so the heart reflects the real person. Proverbs 27:19

- Do you agree with this proverb? Why or why not?
- What is the connection between the inner life and the outer reflection?

Since God chose you to be the holy people he loves, you must clothe yourselves with tender-hearted mercy, kindness, humility, gentleness, and patience. Make allowance for each other's faults and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. Colossians 3:12-14

- Why does Paul use the imagery of putting on clothes?
- Where do mercy, kindness, humility, gentleness and patience come from?
- What does it mean to "make allowance for each other's faults"?
- How did the Lord forgive us? In what ways can we do the same for others?

You will seek me and find me, when you seek me with all your heart. Jeremiah 29:13

- Why would God need to be sought?
- What are ways someone can seek God?
- What does it mean to seek God with ALL your heart?

LOOK INWARD

Scott said, "We all underestimate what it takes."

- Why is it so easy to underestimate what a relationship requires of us?
- What does a relationship require?
- What gets in the way of good, healthy relationships?

The Grant Report determined that one of the most important elements to a long, healthy life is good relationships.

- How have good, healthy relationships contributed to your life?
- What is one good, healthy relationship you are currently pursuing?

Scott said one of the keys to good healthy relationships was to “take stock by looking inward.”

- How can someone’s inner well-being impact your relationships?
- How would you describe your inner well-being?
 - What do you long to change about your inner life?
- Scott mentioned that relationships don’t often *cause* problems but they *reveal* them. What do your relationships reveal about you?

Scott mentioned much about discovering God’s best for us, the condition of our hearts and the ways to experience God’s best.

- The negative: Criticism, Defensiveness, Contempt, Stonewalling.
 - Which of these are you most familiar with?
- The positive: Repentance, Forgiveness, Healing, Purpose.
 - Which of these are you most familiar with?
 - How does each of these reveal the kingdom of God?
 - What does that look like “in real life”?

LOOK OUTWARD

Scott said, “Relationships become stronger when they are built God’s way.”

- Who comes to mind when you think about a relationship you have that is built God’s way?
 - What are aspects of that relationship which stand out?
- What does a “relationship built God’s way” look like?

Scott close with Amos 3:3, “Do two people walk hand in hand if they aren’t going to the same place?”

- Who are you walking with? (spouse, friends, biological family, chosen family, co-workers, church, etc.)
- Who’s name is the Spirit speaking to you?
 - How could you include them as you walk?

SO WHAT?

God designed us. God designed relationships. God designed us for relationships.

So set your heart on Him to discover your purpose.

BREATH PRAYER

Father, purpose my heart.

FURTHER RESOURCES

Suggested Resources

If you're looking for further resources for your group or to inspire your learning, consider:

practictheway.org

seminarynow.com

emotionallyhealthy.org

bibleproject.com/classroom

Coldest Night of the Year 2024

Our groups are gathering to support the vulnerable in our community by walking together and raising funds for Metro on February 24, 2024. If you can't walk, make plans to come and cheer or serve alongside the teams for an amazing chance to love some of the least of these. Visit the groups page to register with the "Trinity Church Kelowna" team.

Community Connect

If you're looking for new connection because you're new to Kelowna, new to Trinity or just looking for new, join us between services starting on February 25 at 10:45am for an opportunity to meet others and discover what community could look like at Trinity in this season.