

Get Real About Your Relationships

VISION - On Sunday, Joel continued the Get Real series by encouraging us to get real about our relational health and maturity. He shared the importance of healthy relationships, and gave us a simple approach to starting to better love and grow in the relationships that matter to us the most.

SCRIPTURE - Genesis 2:18, James 1:19-20

DISCUSSION -

1. Read Genesis 2:18. While God's creation was good, this is the first time He acknowledges the byproduct of His unfinished creation isn't good. It's possible in today's world that we could see it easier to cut off relationships that are difficult. What are some reasons that it's essential to have close, healthy relationships? (note, just b/c a relationship is healthy doesn't mean it will be easy or without disagreement).
2. Read James 1:19-20. How does our culture exemplify the opposite of this? Why is grasping this important to move forward?
3. Joel encouraged us to make the conversation about them (not us), and to explore that relationship by asking real questions that help us to get to know the person. Again, how is this different than what we see in today's culture, and why is this important to do?
4. Joel encouraged us, next, to help identify how they felt. That might look like empathizing through putting adjectives or feelings to what they might feel (You must have felt, etc.). Why is this step of empathy so important to healthy relationships?
5. What might it look like to start new ways of loving and relating through intentional listening? How can we approach this in challenging relationships or relationships we haven't done this well?

BREAK UP - The invitation this week was to prayerfully discern how we can start applying intentional listening in our relationships, especially ones that may need it the most.

1. What is God doing in you this week through this sermon series/passage?
2. Have you done anything yet with this listening exercise, or plan to? If so, how did it go, or what specifically do you need to do?
3. Is there anything you need to do coming out of this, and how can we as a group pray for you and support you in that?