

June 8/11, 2017

Healthy Relationships

BIG IDEA: The quality of your relationships will determine the quality of your life.

GROUPS VISION

We believe life transformation happens when we engage with other people, with Jesus as our focus, and take next steps together. A next step is where we Ask, Listen, and Respond to take any action that advances our journey with Jesus.

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KEY VERSE

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Ephesians 4:32

POTENTIAL NEXT STEP

Good intentions need to move to consistent action. Choose one person who you've intended to invest into and commit to reaching out to them this week.

Make the phone call, write the email, or invite them to coffee and make a deposit into the relationship.

Do you have a story of someone taking a next step?
Share with us at
groups@valleycreek.org

MAIN POINTS & SCRIPTURES

Healthy relationships is the heart beat of what God is doing in our church and in our lives. We want to remember what God spoke to us about healthy relationships as we kicked off 2017. God wants to heal, restore, strengthen, reconcile, and deepen the relationships in our lives.

Five actions to improve the health of our relationships: **(Ephesians 4:29-5:2)**

- 1. Receive from Jesus.** We are beloved sons and daughters and because of this we can have healthy relationships. **(Ephesians 5:1)** Until we regularly receive God's grace, forgiveness, love, and kindness, we won't be able to give them to others. **(Matthew 10:8)** We must stop demanding from others what we can only receive from Jesus. Only the heart that receives from Jesus is free to love without expectation of anything in return. **(1 John 4:19)** Our relationships with others will never be better than our relationship with God.
- 2. Go First.** In order to have healthy relationships we have to be willing to go first. **(Ephesians 5:2)** People of the kingdom go first with others because Jesus went first for us. **(Romans 5:8)** We must give up our preferences, perspectives, and pride to go first; it requires humility. **(James 4:6)** God would rather us go first with mercy than wait around for justice. **(James 2:13)** Reconciling a broken relationship is the highest form of worship. **(Matthew 5:23-24)**
- 3. Forgive and Apologize.** Our willingness to forgive is based on our revelation of how much we have been forgiven. **(Ephesians 4:29, Matthew 18:32-34)** We need to stop telling others what's wrong with them and start taking responsibility for what's wrong with us. **(Matthew 7:3-5, Ephesians 4:31)**
- 4. Intentionally Invest.** God is intentional in everything He does, and He invests everything into us; He put everything He has into relationships. **(Ephesians 5:1, Romans 8:32)** Healthy relationships require that we deposit more into the relationship than we take out. **(Galatians 6:9)**
- 5. Speak Life.** Words are never neutral; they build up or they tear down. **(Ephesians 4:29)** Reckless words destroy relationships. **(Proverbs 18:21)** Words shape the future of people we are in relationship with. **(Romans 4:17)** We can't control those around us, we can only control ourselves. **(Romans 12:18, Psalm 141:3)** Don't give up hope. We walk with the God who raises the dead, heals the broken, and brings back to life dead relationships. **(Romans 4:17)**

DISCUSSION

1. Only the heart that receives from Jesus is free. Describe how you're learning to receive from Jesus. (See point #1)
2. In January, we committed to speak life to one another. How has speaking life-giving words changed you and your relationships? (See point #5)
3. How have you partnered with God over the last six months to intentionally invest in a relationship? (See point #4)
4. As a church family, we are memorizing Ephesians 4:29-5:1-2. How has the process of memorizing these Scriptures changed your thinking? (See points #1-5)
5. **What is the Holy Spirit saying to you? What is your next step?**