


June 15/18, 2017  
Receive From Jesus


**BIG IDEA:** Only the heart that receives from Jesus is free to love.

## 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 imitators of God, therefore, as dearly loved children and live a life of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.**

**Ephesians 5:1-2**

## POTENTIAL NEXT STEP

We all put unreal expectations on the people closest to us. This week, release these expectations and allow Jesus to give you the joy and wisdom that only He can provide.

Do you have a story of someone taking a next step?

Share with us at  
[groups@valleycreek.org](mailto:groups@valleycreek.org)

## MAIN POINTS & SCRIPTURES

The first step in experiencing healthy relationships is to receive from Jesus. Typically, we want to fix and mend our relationships, but God never asks things from us without first providing for us. Only the heart that receives from Jesus is free to love. (**Ephesians 4:29-32; 5:1-2**) David portrays what it looks like to receive from Jesus and then give to those around him. (**2 Samuel 9:3-8**) We can never love others until we first receive God's love for ourselves. (**Ephesians 5:1**). Here are some ways we can receive from Jesus and freely love to have strong healthy relationships:

1. **Receive a new identity.** Grace overlooks what is, to focus on what should be. It is by grace that we receive God's truth about our identity; we are beloved sons and daughters. (**Ephesians 5:1**) We are fully accepted, fully loved and fully alive just as we are in Christ. (**Colossians 2:13**)
2. **Receive a new security.** We go to great lengths to hide in "pasture-less" places when we experience fear and shame as a result of believing the lies that the world tells us. This hurts both us and those around us. However, when we know we are loved and accepted by Jesus, there is no room for fear or shame. (**1 John 4:18, Romans 8:1**)
3. **Receive a new family.** David made a promise to Jonathan that he would treat his family with faithful love. David was imitating God who always keeps His promises. (**1 Samuel 20:14-15, Psalm 145:13**) We've been given His provision and presence and we often don't feel worthy. If Jesus says we are worthy, we ARE worthy! (**2 Samuel 9:7, 1 Peter 1:4, Luke 22:29-30**)
4. **Three ways we can receive in order to give in our closest relationships.**
  - a. Stop expecting from others what only Jesus can give. Most relationships go south because of unreal expectations. We expect our spouses to make us happy, kids to make us proud, friends to solve our problems and bosses to make us rich. We need to receive more from Jesus and expect less from people. (**Psalm 16:11, Psalm 32:10, 1 Peter 2:25**)
  - b. Stop trying to love from an empty bank account. Too often we write relational checks we can't afford and become overdrawn with those closest to us. A love deposit must always precede a love withdrawal. (**1 John 4:10-11**) We first receive, and then give.
  - c. Be generous with our love. When we have experienced the presence and generosity of the King, nothing but the King's presence will satisfy and we can't help but be generous. (**2 Samuel 19:30**)

## DISCUSSION

1. Grace overlooks what is, to focus on what should be. Describe a time when someone showed you grace when you didn't deserve it. (See point #1)
2. We go to great lengths to hide in "pasture-less" places. Where do you go to hide from pain, fear and shame? How can you let Jesus into that place? (See point #2)
3. When you experience the presence and generosity of the King, nothing else will satisfy. How have you experienced the generosity of Jesus? (See point #3)
4. **What is the Holy Spirit saying to you? What is your next step?**