

Relational Health

QUESTIONS for GROUP or PERSONAL REFELCTION

Checking In: (choose one)

- What most stood out to you from today's teaching?
- When it comes to personal conflict, are you a skunk or a turtle? Turtles withdraw quietly into the shells until the trouble is past. When skunks are in conflict, they let everybody know about it.

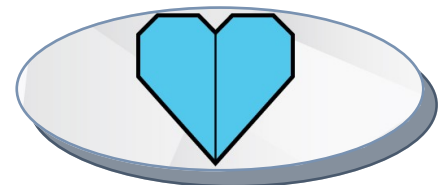
MEMORY VERSE:

"Above all, love each other deeply, because love covers over a multitude of sins."

1 Peter 4:8

Discover: (pick at least two)

- The Bible says, "*Spur one another on toward love and good deeds.*" (**Hebrews 10:24**) We all need spiritual encouragers in our lives. Who is a spiritual encourager to you? What are some ways they encourage you?
- Which of today's insights about building healthy friendships is the most important to you? Why?
- Review these three qualities of a close friend: People who challenge you mentally, support you emotionally, and strengthen you spiritually. Remember, to find that kind of friend, you need to be that kind of friend. Which of these characteristics do you need to develop in your own life?



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Practice:

This morning Pastor Jeremy shared eight ways to build healthy friendships. With those eight ways in mind, **where do you want to be three months from now with your Relational Health?**

What is one thing you **WILL DO** to become relationally healthy?

MY THREE MONTH GOAL TO RELATIONALLY HEALTH:

Pray:

Take a few minutes to pray for each other's Relational Health. Share any other prayer requests you feel led to share as a group. Feel free to write down prayer requests below:

Do you have friends who don't know Jesus Christ? Pray for their salvation with your group?

Deepen:

The following are suggestions for going deeper with your Relational Health:

- Read the Transformed Blog at www.magnoliabaptist.org.
- Memorize this week's memory verse **1 Peter 4:8**
- Read *The Relationship Principles of Jesus* by Tom Holladay.
- Take time this week to review your previous Transformed goals..

