

HEALTHY RELATIONSHIPS

MESSAGE NEXT STEPS

HEALTHY FAMILIES

MAY 8

Mothers play a critical role in setting the culture and the dynamics in their families. Every relationship must address the reality that no family is perfect, or the perfect model. Discover how to create healthy family dynamics by considering the dysfunctional examples from our own childhood while creating something new.

Work through the following questions and scriptures on your own, and get together with your running partner, life group, or friends and family to talk through what you are learning.

DISCUSSION QUESTIONS

1. What did you love about growing up in your family of origin?
2. What stood out to you from the message?
3. Read **1 John 4:1-21**.
 - a.) Make some observations about this passage (What does the text say):
 - Who is talking? What is the circumstance?
 - Any repeated phrases?
 - What surprised you?
 - What stood out to you?
 - b.) Make some interpretations (What does the passage mean)
 - What questions do you have?
 - Summarize the passage in 1-3 sentences - what are the main points?
 - What do you learn about the nature and character of God as you read this?
 - What do you learn about yourself or the world around you?
 - c.) Now make some applications (what's my response)
 - How do you respond to what you are reading?
 - How could this apply to your life today?
 - What is the central truth that you could put into practice from this?
 - Who could you share this with for the sake of encouragement?
4. What are some unhealthy relational habits you need to surrender to God? Where do you need to allow Him to bring healing and health into your life?
5. What have you learned from the series that you want to apply in your own life/family? Where are you still struggling or need clarity?

KEY SCRIPTURE

1 John 4:21 And he has given us this command: Anyone who loves God must also love their brother and sister.

1. As we wrap up this series, take some time this week to really capture what you have learned and what you want to apply in your life. Don't let this be a topic you were challenged by in the moment, but not changed by. Ask yourself these questions and talk with God about your responses:
 - a.) What was I most challenged by in this message series about Healthy Relationships?
 - b.) Where do I struggle most to honor God in my relationships?
 - c.) Where have I made progress to have healthier relationships?
 - d.) What do I need to apply to my life and relationships going forward?
 - i. Where do I need more help?
 - ii. What change will be required to make this happen?
 - iii. Who can help me or hold me accountable?
 - e.) What is my next step?

2. Write out a prayer asking God to help you have healthier relationships.