

TALK IT OVER

Relational Health

BOTTOM LINE

The quality of life increases in proportion to the quality of our relationships. What does love require of me?

CONVERSATION STARTER

Who qualified as a “best friend” relationship in your teen years? Why?

THINGS TO CONSIDER

What did you hear?

What do you think?

What will you do?

RESOURCES

- The Daily: newpointe.org/thedaily
- [Learn How to be More Proactive in Relationships](#) by Henry Cloud (11 min.)

KEY VERSES AND QUOTES

Above all, love each other deeply, because love covers over a multitude of sins. 1 Peter 4:8 NIV

We all belong to each other ... Be devoted to one another in love. Honor one another above yourselves. Romans 12:5, 10 NIV

Do not repay anyone evil for evil. ... If it is possible, as far as it depends on you, live at peace with everyone. Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord. On the contrary: "If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head." Do not be overcome by evil, but overcome evil with good. Romans 12:17-21 NIV

“The best use of your time in terms of how it will impact the quality of your life is spent INVESTING in and DEVELOPING your relationships.”
– Dave VanDonge

“The most mature form of relational health is having a few relationships in which vulnerability goes both ways.” – Dave VanDonge

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We are built for relationship, yet our culture has never been lonelier. What evidence supports that statement? Our loneliness leaves us with a dilemma – do we wait for love to find us, or do we love our way out of loneliness? The answer seems obvious. Why do so few do it? Real love is both relentless and intense. How does that play out practically in varied relationships? Romans 12 tells us relational health requires **Intention**. If your life is being shaped by your 5 closest friends, what's the probable future for you and your family? The ultimate factor in relational health is vulnerability. We always must be honest with all people, but only vulnerable with a few. Discuss. Agree? Why? How do you determine the few? Relational health requires **Commitment**. This is hard because of self-protection, convenience, and ultimate loss – death. How does this impact you? How do you overcome? **Honor and Forgiveness** are required. How does one love from a place of acceptance? Forgiveness is letting go of our desire for the other person to fill what they emptied. Whew. Discuss. One of the reasons we are lonely is because forgiveness is limited in our lives. Another ouch. How do we help ourselves?

ACTION STEP

I will evaluate which of my relationships need the most attention, what is getting in the way, and take this step toward health: _____