



## “Strengthen Your Relationships”

Tyler Scott // Jan 23-24, 2016

God wants every one of us to be in relationship with him and others. It's why God created marriage, family, friends, and church. Often these relationships can be the most difficult part of life, a broken marriage, a wayward son or daughter, a failed business partnership, an addicted spouse, a damaged friendship, a faithless father, a whacky mother, or a messed up sibling.

Everything in life comes down to our relationships. “The good life is built on good relationships.” God intends for us to be connected to each other in deep, healthy and meaningful ways. Remember, “For where two or three gather as my followers, I am there among them” (Matthew 18:20).

To SIMPLIFY our lives, we must strengthen our relationships!

### **Warm It Up:**

What characteristics do you most value in a friend?

Everyone has had good and bad friendships in life. Describe a bad experience you've had with a friend in your life. What went wrong?

### **Talk It Over:**

1. Tyler started his message this week with an excerpt from a Ted Talk by Harvard researcher Robert Waldinger ([cpcdanville.org/media](http://cpcdanville.org/media) if you need a refresh☺) and reading Psalm 133. The video reinforces the biblical Big Idea: the good life is built on good relationships. How have you seen this play out in your own life?
2. **Read Psalm 1:1-3, Psalm 37:4, and Revelation 2:4-5a.** What stands out to you from these passages? Why is prioritizing our relationship with God (first and foremost) so important...yet so easy to overlook? Why is “finding your chair” such an important step to establishing or deepening your relationship with Jesus?
  - a. Share with your group: Your chair; your hurdle (the thing that gets in the way of your spending 10 min per day in your chair); and your

move (what you'll do this week to strengthen your relationship with Jesus). \*Remember...it only takes 21 days to make a new habit!

3. **Read Philippians 2:19-23.** Consider the person or people in your life about whom you could honestly say: "I have no one else like him (or her)."
  - a. Share with your group: Your Five (the five relationships (family and/or friends) that make up your inner circle); Your hurdle (what keeps you from deepening your inner circle), and Your Move (what you'll do to FIND THE TIME, make this happen, and SIMPLIFY your life).
4. **Read 2 Corinthians 3:13 & 18, and Ecclesiastes 4:9-12, 1 Samuel 14:6-7, and Luke 17:1.** Tyler asked the questions, "Why should I care about being in relationship with other people?" and "Why is God so insistent that you and I be in relationships with others?" Why do you think?
  - a. **Luke 17:1** says, "Things that cause people to stumble are bound to come." In other words it's impossible to go through life without stumbling over something. Share a time when you stumbled and someone was there to help you. How did that make you feel?
  - b. **Ecclesiastes 4:9** says, "Two are better than one because they have good return for their labor. If one falls down, the other can help him up. But pity those who fall and have no one to help them up." There are lots of people in your sphere of influence who have fallen and are not connected. Who can you reach out to and pray with, care for, or invite to CPC that needs your help?
  - c. According to **2 Corinthians 3:13 & 18**, Moses wore a mask to hide the fading glory of his close connection with God. In what ways do we wear a "mask" to do the same? When we take off our mask, how does living with "unveiled faces" reflect the glory of God? How can his gospel message help us take off our mask? How can being in a great group help us practice transparency?
    - i. Share with your group: Your mask, your hurdle and your move.
  - d. There is potential for greatness inside every person, but for a lot of us there's one thing that's missing: you don't have any heart and soul people to help you get there. Who in your life is a "heart and soul" friend? Is there someone God has placed in your life to whom you need to be a heart and soul friend?

### **Pray It Out**

Pray for each other. Pray that the Holy Spirit would provide wisdom to identify chairs, inner circles (Fives), and masks. Pray for discernment in admitting to hurdles we must overcome. And pray for courage and power from the Holy Spirit to follow through on Your Moves. God is strong!

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