

THE TAKE AWAY

DISCUSSION GUIDE

Sunday, March 13, 2022
RELATIONSHIP REFRESH

Message Summary:

This week in a new part of our series, Renew, Pastor Lee Wilson taught us how to have a RELATIONSHIP REFRESH. In this season of renewal, we need to take a fresh look at our relationships. The word “refresh” mean to give new strength, to breath new life into, or to blow away the cobwebs. Never before has there been a better time to stop and refresh our relationships. God has wired us for relationships. Like a three braided cord, we are stronger when God is in the midst of our relationships. No one changes, succeeded or fulfills their purpose by themselves. We all need relationships. You can’t do life alone. If you read the Bible, you come to realize that it’s not about religion; it’s about relationship. And whether its your relationship with God, your spouse, your family, your friends, if you want your relationships to work, you have to be willing to work on your relationships. Relationship is about commitment. Many relationships fail because you’re lazy, expecting others to do all the work for you. You have to learn how commit yourself to the work of refreshing your relationships. People make a difference to who you are – good or bad. That’s why you have to find the right people to help you and refresh you on your journey toward your purpose.

Key Scriptures:

- **[Ecclesiastes 4:9-12 NLT]** 9 Two people are better off than one, for they can help each other succeed. 10 If one person falls, the other can reach out and help. But someone who falls alone is in real trouble. 11 Likewise, two people lying close together can keep each other warm. But how can one be warm alone? 12 A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken.
- **[Romans 12:9-10, 13, 16-18 NLT]** 9 Don't just pretend to love others. Really love them. Hate what is wrong. Hold tightly to what is good. 10 Love each other with genuine affection, and take delight in honoring each other... 13 When God's people are in need, be ready to help them. Always be eager to practice hospitality. ... 16 Live in harmony with each other. Don't be too proud to enjoy the company of ordinary people. And don't think you know it all! 17 Never pay back evil with more evil. Do things in such a way that everyone can see you are honorable. 18 Do all that you can to live in peace with everyone.

Discussion Questions:

1. What does “relationship refresh” mean to you?
2. Consider your relationships. Where do you need to have a relationship refresh?
3. How can you bring refreshing to those relationships?

Life Application:

This week as you study the key scriptures, consider what Pastor Lee said, “Examine your heart, and ask the Lord to highlight in your heart anything that you have been thinking and meditating on that is toxic to your life and your relationships.” Make room this week to spend time in your secret place with the Lord. This is the safe place to pour out your heart – any hurt, pain, anger, frustration, etc. Most of us carry some toxic thinking towards relationships in our past and present. To refresh our relationships, we have to let that go. God says to cast our cares on Him, because He cares for us. A refresh must start with a release. Release what is holding back your refresh. It’s okay to let it go. You will feel better, and God is trustworthy to take care of it.