

REAL Relationships – Part 6

“Rule of Life” by Pastor Rick – 3/14/21

Icebreaker: What real person, dead or alive, do you wish you could be more like? Why?

The Purpose: to develop a specific plan to implement the emotionally healthy skills into your life in order to transform your relationship with God, yourself, and others.

Scriptures: Proverbs 4:23, John 15, Daniel 1, Luke 5:15-16

Discuss:

1. What obstacles, difficulties, or successes did you experience in meeting with God this past week?
2. Read aloud Luke 14:25-30 and discuss:
 - The word hate is a common Hebrew exaggeration used to make a point. In what sense is Jesus asking us to “hate” our family and even our own life?
 - When a person carried a cross in first century Palestine, this meant they were about to be executed. In this light, what do you think might be the implications for you to “carry (your) cross” and die, especially as it relates to implementing the new skills we’ve been covering?
 - How does Jesus’ story of the person building a tower illustrate the challenge before us in making long-lasting changes in our lives?
3. Look up Matthew 5:13-14, 16. How does it connect with the following statement? Pete Scazzero says, “Regardless of your race, culture, country of origin, family, age, or context, implementing emotionally healthy skills is countercultural. These skills clash with how we commonly relate to God, ourselves and other people.”

Application:

Consider the following components of the Rule of Life, an intentional plan to help us grow in our relationship with God and keep Him the center of our lives. Review together some points Pastor Rick covered for each area, then choose one you are willing to implement or tweak in your life this week:

- a. Scripture
- b. Study
- c. Solitude & silence
- d. Sabbath
- e. Simplicity
- f. Service & Mission
- g. Play & Recreation
- h. Caring for your body
- i. Family
- j. Community (small group, mentoring, counseling, spiritual direction)

Close in prayer together: Lord, help me believe that you have chosen me and sent me to the world. I need courage to proactively and consistently model the love of Jesus in my relationships. Grant me opportunities to embody and reflect your love to everyone I meet this day. In Jesus’ name, Amen.