

REAL Relationships – Part 1

Pastor Rick - 2/7/21

Icebreaker: Who is someone you admire for the way they relate to others? Why?

Scripture: Matthew 7:1-5; Ephesians 4; Matthew 23:25-26

Assessment: <https://www.emotionallyhealthy.org/wp-content/uploads/2020/03/Personal-Assessment.pdf> Use the assessment to get a sense of whether your discipleship has touched the emotional components of your life and if so, how much. It's natural to feel uneasy or uncomfortable about some of the questions. Try to be as honest as possible. Remember that the inventory will reveal nothing about you that is news to God. Take a moment to pray that God will guide your responses and that He loves you dearly without condition.



1. Do the assessment and share about the process and findings as you are willing to be vulnerable.
2. Read the Scriptures listed above and discuss. In what subtle or perhaps even unconscious ways might you be judging or despising someone in your life?
3. Think back over the last few days. In what way(s) did your to-do list, distractibility, or perfectionism keep you from loving and enjoying Jesus and the people around you?
4. In what areas of life might your pursuit of “getting things done” or “doing right things” be more important to you than seeking a loving relationship with God and others?
5. The Corinthian church was a gifted, influential, intelligent church that was weak in its ability to love well. Read 1 Corinthians 13:1-3. How do you understand the words:

“If I have the gift of prophecy and can fathom all mysteries and knowledge, and if I have faith that can move mountains, but have not love, *I am nothing* (emphasis added)?”

 - How might this passage clash with your understanding of spiritual maturity?
 - As you think back over the past week, can you give one or two examples of how you separated your love for God from your love for people?
6. When can you set aside uninterrupted time each day to begin cultivating an awareness of the presence of God?
7. What difference might it make in your day to remember that, in every moment you turn your heart to God—including this very moment—He is waiting for you and loving your first?

Close in prayer taking time to confess and repent of anything that is getting in the way of your ability to love well and grow in emotional maturity.