

STUDY GUIDE

Message Series: ALL IN - A Relationship Series, week 2

Message Title: More Than a Feeling

Date: February 13&14, 2016

Message Summary: Simply eliminating the "death spiral" we talked about last week will not allow relationships to develop and become everything God intended. There are two basic building blocks discussed in this message which provide the necessary steps enabling relationships to grow.

Leaders: The following questions are designed to stir reflection and discussion. Please read through them prior to your meeting, so you can be prepared to prayerfully pace your group well. Feel free to write your answers down and make notes so you are prepared to lead your group. And remember, as a leader, your goal is to promote increased *biblical* awareness, as well as individual *self-awareness* - a combination that with the help of the Holy Spirit, results in revelation and...transformation!

Below you will find questions which relate to the primary scripture and additional scripture. There will be other reflective questions intended for group discussion and application.

1. Feelings play an important role in life and relationships. Although we shouldn't let feelings determine our behavior we do need to validate we have feelings. Talk about a time when you "felt like you were getting a good deal, until you found a similar item on sale". How did you feel? Describe how feelings can drive your behavior, outlook and interactions with others?
 2. There is the death spiral in relationships and there's a way to build relationships to help make them everything they can be. Relationships don't plateau for very long, they tend to go one way or another. Where do you tend to fall between these two directions? Where do your feelings tend to fall and do you allow your feelings to take you in one particular direction?
- **There are two keys to building a relationship**
 - **Develop a genuine love and care for another**
 - **Do things which communicate love and care and help build the relationship**
1. Read [Matthew 21:28-32](#). Which son did the will of his father? Which son was most respectful in his speaking and interactions? What point was Jesus making in this parable? Neither son is a model example of behavior, yet nearly all of us are impacted more by actions than words. Do you agree or disagree with this statement? Why? Where has this played out in your life and relationships?

2. Read [1 John 3:16-18](#). What are practical everyday ways you feel loved? What are practical everyday ways you show love to different people in your life? List family, friends, co-workers, etc. Do different people in your life experience / receive love in different ways?
 3. Recommended reading if you want to dive into different ways people give and receive love: [Five Love Languages](#) by Gary Chapman
- Read [John 13:1-17](#) / [1 Corinthians 13](#)

Write out a description of "LOVE" based on these two passages of scripture to share with your group. Love really is action and other oriented. Pause to think of all Christ did for you then describe and write out how that makes you feel? Describe when you feel most loved by your family, friends, coworkers. Pastor Ken made a particular note about "self-seeking" love from [1 Cor. 13](#). Real love is not self-seeking, you don't do things to manipulate love to come back to you.

1. Pastor Ken talked about how important it is to express love and care to others in our life, but that doesn't mean we necessarily like or accept every action and choice others in our life make. True love has boundaries. Do you agree with this or disagree with this? Another great book about boundaries in relationships is *Boundaries* by Dr. Henry Cloud.

Here are additional scriptures that address boundaries. God has boundaries. Read [Hebrews 12:5-6](#) and [Deuteronomy 28](#).

2. Read [John 13:34-35](#). List the ways Jesus loves us. See how many different ways you can come up with individually and as a group?
3. The only way we can love others the way Christ loves us, is to be filled daily with His Holy Spirit. We become so filled with His love it overflows into the lives of others by what we do and what we say. Honestly, how have you been doing in this area? What helps you draw close to Christ to not only experience Him, but to be changed by Him as well?
4. Pastor Ken talked about pursuing God to give us a heart to feel and eyes to see others the way He sees them. This is a daily quest and prayer, not a "one and done" prayer. How persistent are you when approaching and asking God to change your heart vs. another person's heart?

Additional reading [Luke 18:1-8](#)...

- **Final Response**

It's impossible to love others the way Christ loves us, unless we are growing in our relationship with Him. What is YOUR NEXT step to grow in your walk with Christ? Do

you feel comfortable sharing with your group the area you feel God is speaking to you about? What do you need to do, in order to grow in this area?

1. What are some practical things you plan to do this week to show love and care to others in your life?
2. Have you ever heard anyone use the expression "hogwash" like Pastor like Pastor Ken did in this teaching :)

What's your next step?