

## FLAPS DOWN: Taking Time to Refuel - Relationships

Icebreaker: What is your favorite "Love" song?

*Even though relationships can crash, love is still the best use of life...*

*If I give all I possess to the poor and surrender my body to the flames, but have not love, I gain nothing. (1 Cor. 13:3)*

*A few grenades that drain our relational tanks...*

- **Selfish desires** – “What causes fights and quarrels among you? Don't they come from your desires that battle within you? You want something but don't get it. You kill and covet, but you cannot have what you want.” (James 4:1-2a) – what are some of your good desires that can get tainted by your pride? What are some of the main causes for your conflicts within your relationships?
- **Consistent neglect** – “Again I saw something meaningless under the sun: There was a man all alone; he had neither son nor brother. There was no end to his toil, yet his eyes were not content with his wealth. ‘For whom am I toiling,’ he asked, ‘and why am I depriving myself of enjoyment?’ This too is meaningless – a miserable business!” (Eccl. 4:7-8) what are some things that cause neglect in your relationships (health, work, recreation, technology, etc...)?
- **Mis-managed conflict** – “In your anger do not sin’: Do not let the sun go down while you are still angry, and do not give the devil a foothold.” (Eph. 4:26-27) What is a wise, godly way to handle conflict and what is a way to give the devil a foothold within conflict?

Which of the three grenades is the biggest risk in your relationships?

♀ **Refuel: work with God to become the person you expect others to be** – “Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye?... You hypocrite, first take the plank out of your eye, and then you will see clearly to remove the speck from your brother's eye.” (Luke 6:41, 42b)

*Proverbs 27 offers several principles that help us refuel our relationships...*

- **Humility: you don't make it about you** – “Let another praise you, and not your own mouth; someone else, and not your own lips.” (Prov. 27:2)
- **Self-control: you de-escalate** – “Stone is heavy and sand a burden, but provocation by a fool is heavier than both.” (Prov. 27:3)
- **Courage: you lean in** – “Better is open rebuke than hidden love. Wounds from a friend can be trusted, but an enemy multiplies kisses.” (Prov. 27:5-6)
- **Intentionality: you invest in your 'place'** – “Like a bird that strays from its nest is a man who strays from his home.” (Prov. 27:8)
- **Faithfulness: you show up** – “Do not forsake your friend and the friend of your father...” (Prov. 27:10)
- **Selflessness: you go the extra mile** – “He who tends a fig tree will eat its fruit, and he who looks after his master will be honored.” (Prov. 27:18)
- **Integrity: you're one faced** – “As water reflects a face, so a man's heart reflects the man.” (Prov. 27:19)

Which one or two needs your attention this week? Carry two of these into your times with God this week and ask God to help you in these areas.

*Be completely humble and gentle; be patient, bearing with one another in love. (Eph. 4:2)*