



WEEK 3: WHAT BUILDS BELONGING AND WHAT DESTROYS IT

The Week of February 18th

ICEBREAKER

Check on your progress regarding your SERVE Day project. Are you doing a project as a small group? Is your group joining or leading different projects? SERVE Day weekend is March 23-24 and we'd love to see the whole church participate in some way. For help, visit rockbrook.org/serve or visit the table in the lobby. — Share a memorable SERVE Day experience.

VIDEO NOTES

And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him.

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

Because of the privilege and authority God has given me, I give each of you this warning: Don't think you are better than you really are. Be honest in your evaluation of yourselves, measuring yourselves by the faith God has given us.

Just as our bodies have many parts and each part has a special function, so it is with Christ's body. We are many parts of one body, and we all belong to each other.

Romans 12:1-5 (NLT)

1. _____ destroys relationships

What is causing the quarrels and fights among you? Don't they come from the evil desires at war within you? You want what you don't have, so you scheme and kill to get it.

You are jealous of what others have, but you can't get it, so you fight and wage war to take it away from them. Yet you don't have what you want because you don't ask God for it.

James 4:1-2 (NLT)

- _____ builds relationships

Don't look out only for your own interests, but take an interest in others, too. Philippians 2:4 (NLT)

2. _____ destroys relationships

Pride goes before destruction... Proverbs 16:18 (NLT)

- _____ builds relationships

Finally, all of you should be of one mind. Sympathize with each other. Love each other as brothers and sisters. Be tenderhearted, and keep a humble attitude.

1 Peter 3:8 (NLT)

3. _____ destroys relationships

Fearing people is a dangerous trap, but trusting the LORD means safety. Proverbs 29:25 (NLT)

- _____ builds relationships

Such love has no fear, because perfect love expels all fear. If we are afraid, it is for fear of punishment, and this shows that we have not fully experienced his perfect love.

1 John 4:18 (NLT)

4. _____ destroys relationships

Surely resentment destroys the fool,
and jealousy kills the simple. Job 5:2 (NLT)

- _____ builds relationships

Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.

Above all, clothe yourselves with love, which binds us all together in perfect harmony. And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. Colossians 3:12-15 (NLT)

KEY QUESTION

What is a relationship in your life that is marked by selflessness, love, humility, and forgiveness?

OTHER DISCUSSION QUESTIONS

Optional questions to dive deeper as time allows

1. What stood out to you from these Bible verses and message? Which of the four destroyers/builders do you resonate with most?
2. Is there a time when other believers lifted you up in prayer or helped you through a difficult time?
3. Have you ever seen taking the initiative to act selflessly toward someone cause them to relate to you in a new way?
4. We started this study (Week 0) by studying Philippians 2:1-13. Read through that passage again. Can you spot how Jesus modeled the four relationship builders to build his relationship with us and mediate the conflict between us and God? (1 Timothy 2:5)

PERSONAL ACTION STEP

Baptism is an important step that demonstrates we have personally trusted Jesus for our salvation. When Christians are baptized, they are submerged under water to identify with the death and burial of Jesus and raised out of the water to identify with His resurrection.

Baptism declares you are a follower of Jesus Christ, you are beginning a changed life in Christ, and you are part of His family. We hold baptisms on the third weekend of the month in all of our weekend services. If you would like more information about baptism, to talk with someone, or signup, visit rockbrook.org/baptism

“Those who believed what Peter said were baptized and added to the church...” Acts 2:41 — Have you made a commitment to belong to a local church? At StepONE of the Growth Track we look at what it means to be a Christian, the benefits of a church family, and what it means to be a member of Rock Brook. A member of Rock Brook commits to:

- Protecting the unity of the church
- Sharing the responsibility of the church
- Serving the ministry of the church
- Supporting the testimony of the church

Consider joining us for StepONE — Become a Member on the first Sunday of March at 1:00. You won't be pressured to become a member or asked to make those commitments that day. You can take in the information and pray on it.

Visit rockbrook.org/growth-track for more details.

If you have made a commitment to membership, consider the four bullet points above and how you are demonstrating your love for God's family. *“So in Christ we, though many, form one body, and each member belongs to all the others.”*

Romans 12:5 (NIV)

PRAYER & SUPPORT

Ask how you can pray for and support one another this week. Consider closing with this prayer for humility from the Pray First guide.

“Father God, I come to You in the Name of Jesus. I know pride only keeps me from You. I put down anything that would cause me to have pride in my heart in dealing with other people. Help me to prioritize others over myself. I ask you God, to remind me daily that true humility is not thinking less of myself, it's thinking of myself less. I humble myself before You and come to You like a child.”



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Romans 12:1-5 (NLT)

1. Selfishness destroys relationships

What is causing the quarrels and fights among you? Don't they come from the evil desires at war within you? You want what you don't have, so you scheme and kill to get it.

You are jealous of what others have, but you can't get it, so you fight and wage war to take it away from them. Yet you don't have what you want because you don't ask God for it.

James 4:1-2 (NLT)

- Selflessness builds relationships

Don't look out only for your own interests, but take an interest in others, too. Philippians 2:4 (NLT)

2. Pride destroys relationships

Pride goes before destruction... Proverbs 16:18 (NLT)

- Humility builds relationships

Finally, all of you should be of one mind. Sympathize with each other. Love each other as brothers and sisters. Be tenderhearted, and keep a humble attitude.

1 Peter 3:8 (NLT)

3. Insecurity destroys relationships

Fearing people is a dangerous trap, but trusting the LORD means safety. Proverbs 29:25 (NLT)

- Love builds relationships

Such love has no fear, because perfect love expels all fear. If we are afraid, it is for fear of punishment, and this shows that we have not fully experienced his perfect love.

1 John 4:18 (NLT)

4. Resentment destroys relationships

Surely resentment destroys the fool, and jealousy kills the simple. Job 5:2 (NLT)

- Forgiveness builds relationships

Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.

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