



LESSON 8 // BUILDING AND REBUILDING RELATIONSHIPS

Big Idea: So much of life's joy is increased or decreased by the quality of our relationships. To build and maintain healthy, godly relationships you need to beware of relationship traps, own your part in the conflicts, understand the urgency of situations that require attention, and mend what you can mend.

Philippians 4:1-3 (NIV) *Therefore, my brothers and sisters, you whom I love and long for, my joy and crown, stand firm in the Lord in this way, dear friends! ² I plead with Euodia and I plead with Syntyche to be of the same mind in the Lord. ³ Yes, and I ask you, my true companion, help these women since they have contended at my side in the cause of the gospel, along with Clement and the rest of my co-workers, whose names are in the book of life.*

1 Peter 5:8 (TLB) *Be careful—watch out for attacks from Satan, your great enemy. He prowls around like a hungry, roaring lion, looking for some victim to tear apart.*

Romans 12:17-18 (NIV) *Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everyone. ¹⁸ If it is possible, as far as it depends on you, live at peace with everyone.*

James 5:16 (NIV) *Therefore confess your sins to each other and pray for each other so that you may be healed.*

Colossians 3:13-14 (NIV) *Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. ¹⁴ And over all these virtues put on love, which binds them all together in perfect unity.*

Start Talking:

How well do you generally manage relational conflicts? What's the hardest part of this for you?

Start Thinking:

Read Philippians 4:1-3 and 1 Peter 5:8. What are some "relationship traps" that can cause stress and strife? Why is it important to recognize that the devil seeks to fuel these conflicts?

Read Romans 12:17-18. In what practical ways can you "own your part" in a difficult relationship and strive for peace with that person?

Read James 5:16. What role does repenting from and confessing your sins to God, and sometimes to others, play in establishing and maintaining healthy relationships?

Read Colossians 3:13-14. What does it mean to "bear with each other" in relationships? How are Christ-like love and forgiveness involved in this?

Start Praying and Doing:

Pray for God to grant you the humility and wisdom to address your relationship conflicts in a godly way. Look for opportunities to practice this in small points of conflict you might encounter this week (or bigger ones if you have those). Honor God in your thoughts, attitudes and words in these situations and see how He will work in you and through you for His purpose.