

Rejuvenate Your Relationships

In relating in constructive ways with life-draining people . . .

Practice patience

Love is patient; love is kind; love is not envious or boastful or arrogant. 1 Corinthians 13:4 (NRSV)

Recognize you can't make others change

Don't judge

God will be as hard on you as you are on others! He will treat you exactly as you treat them. Matthew 7:2 (CEV)

In relating to life-energizing people . . .

Embrace freely being yourself

Make spending time with them a priority

Develop deep and long-lasting relationships

Friends come and friends go, but a true friend sticks by you like family. Proverbs 18:24 (Message)

Talk About It

1. What's one of your favorite love songs from when you were younger?
2. When was a time that you felt really loved? How did that affect your life?
3. What are some things that deplete your energy or lead you to need recharging?
4. How patient would you say that you normally are? What do you think of that?
5. What are some life-draining relationships that people you know experience?
6. Do you think you can make other people change? Why or why not?
7. What are one or two ways you think you need to change in order for you to have more meaningful relationships?
8. How judgmental of other people do you tend to be? What do you think of that?

9. What potential do you think God sees in you?

10. How would you say you do in developing deep and long-lasting relationships? What do you think of that? How might you want that to change?