



RELATIONSHIPS

“How do you connect with people?”

When God created us in His image, He wired us to be in relationships. In fact, God created us to live in community where each of us plays an important role in meeting the needs of others. We also play an important role in helping one another grow and develop. You have developed talents and strengths that some people around you need. You may not think you have much to offer people, but God may have strategically placed you right where you are to help someone grow while they are helping you grow. Why not take a few minutes to create a list of people in our group who can...

make people laugh *listen well* *encourage people* *work through hard times*

be counted on *use computers* *fix things* *provide spiritual guidance*

solve problems *save money* *organize* *keep calm under stress*

Yes, we do have much to learn and share with one another, but **why are relationships so difficult?** (pause) I'm wondering how many of the following characteristics make it hard for us to connect and grow together:

- It's hard to trust one another.
- We're guarded so we don't share our thoughts, feelings, or convictions.
- We don't think we have much to offer.
- We don't think people would listen.
- We don't think people would really like us if they really got to know us.
- We're too busy to slow down and get to know one another.
- We don't know each other well enough to really know how to love one another.
- We're afraid of being made fun of or getting hurt.
- We lack confidence in ourselves and people.

God designed us to depend on Him for direction and life. He's uniquely made each of us to play an important role in one another's lives. As we each do our part and speak the truth in love to one another, we can all grow into our potential, and together we can make a difference in our world.

- Do you believe this is true?
- How many of the characteristics listed above could be eliminated if we worked together to build stronger relationships with each other?
- What words would you use to describe how we relate to one another?
- What can each one of us do to improve how we relate to one another?

“Health Talks” are designed to help us learn to talk and deal with one another in ways that build understanding and a healthy, growing, supportive, Christian community.