



# DISCUSSION GUIDE

Pastor Daniel & Jackie Groves  
Ups & Downs: A Relationship Series Week 1

## Scripture

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1 John 4:19 (NIV)  
“We love because he first loved us.”

## Main Idea

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*Relationships influence us all, and we've all had ups and downs like a roller coaster in our relationships. We also all have differences in perspective, which could lead to tensions. We need to know how to protect our hearts and minds regarding relationships. This series will be an equipping for having healthy and sustainable relationships.*

**HEALTHY, SUSTAINABLE RELATIONSHIPS ARE ROOTED IN THE FOUNDATION OF JESUS CHRIST.**

**The capacity to love others is found in knowing the love of God for you. Look past the faults of others, knowing that He's looked past my own. Have you embraced God's love for you? How has your view of God's love affected how you love others?**

*Additional Scripture: Matthew 7:24-27, Philippians 4:6, Matthew 5:16*

**HEALTHY, SUSTAINABLE RELATIONSHIPS ARE GROUNDED IN THE STABILITY OF FRIENDSHIP.**

**Friendship is mentioned 140 times in the Bible, and from the very beginning was about companionship and a willingness to lay down your life for them. How are you demonstrating your friendship to others?**

*Additional Scripture: Matthew 7:24-27, Philippians 4:6, Matthew 5:16*

**Colossians 3:12-15 shows us how to be a good friend**

**Surrender to Jesus Daily.**

**Stop Judging Others.**

**Take Interest.**

## Summary

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*Interruptions come in all shapes and sizes. Is God trying to say something or show you something? How you stand in those moments is how you will move forward in those relationships. Be aware of distractions and embrace opportunities.*

## Call To Action

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1. Knowing that anyone or anything pulling you away from God is not from God, take an inventory of your relationships. What adjustments do you need to make?
2. What can you actively do right now to surrender your will and needs to Jesus?
3. Who have you been judging and talking about instead of praying for them?
4. What can you do this week to demonstrate your selfless interest in those you call friends?



# Group Leader Resource

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## **Game: Connection!**

*Find a ball of string or yarn. Have everyone stand in a circle. Pick someone to go first; give them the yarn and have them begin describing their life. When they say something ("I like dogs," for example) that someone else in the circle has in common, that person will shout "Connection!" The first person will toss them the yarn, and the second person will begin describing their life. Repeat until everyone has gone, and the yarn has created a web between all of the group.*