

DISCUSSION GUIDE

Redeemed For Relationships | Darryl & Tracy Strawberry
Ups & Downs: A Relationship Series Week 4

Scripture

Galatians 2:20, Psalm 147:3, Isaiah 61:1-3, Matthew 19:26, Lamentations 3:21-23

Psalm 130:7 (NIV)

“Put your hope in the Lord, for with the Lord is unfailing love and with him is full redemption.”

Main Idea

We all function within relationships. Sometimes that means walking through battles and pain, but there is redemption in Jesus. Your story matters and He will continue to redeem your story if you allow Him.

OUR RELATIONSHIPS CAN NOT BE REDEEMED UNTIL GOD FIRST REDEEMS US.

We are all broken and in need of a savior. Salvation is immediate but becoming Christ like-discipleship-is a process that takes time. Where have you been trying to put a bandaid on things that really need stitches?

YOUR CAPACITY TO BE LOVED IS LIMITED BY YOUR ABILITY TO LOVE YOURSELF.

Relationships are Jesus' favorite thing. We are to love our neighbor as yourself but we can't seem to because we don't yet love ourselves. Where do you need Jesus to perform healing surgery on you so that you can learn to love and be loved?

A DISCIPLINED LIFE BRINGS A DISCIPLINED LOVE

Darryl mentioned that he needed to be disciplined with his walk just like he was with baseball. He had to allow God to rule and reign in Him (Galatians 2:20). He had to learn to die to self. The work is worth it for you and for your loved ones. Where do you need discipline in your life so that you can be disciplined in your love?

JOY COMES IN KNOWING THE WORD OF GOD BECAUSE THAT IS WHERE YOU GET TO KNOW HIM.

Darryl told us that we need to saturate our life in the Word of God. We can't get the New if we are holding onto the Old. Freedom in love comes with boundaries which are found in God's Word. It's a process. What are you currently doing to get into the Word and apply it to your daily life? What are the positive changes that you have observed?

Summary

In week one we learned that healthy relationships start with a foundation of friendship. Week two reminded us that healthy relationships require us to unpack our bags. Week three we learned that healthy relationships grow when we listen more than we speak. Today, in our final week, we learned that healthy relationships depend on the redemption of Jesus. The Lord's love is unfailing and in Him is full redemption.

Call To Action

1. Visit Darry and Tracy's website and consider ordering their books, especially *The Imperfect Marriage*. [Click Here](#) to find out more.
2. Go back and review the past four weeks of messages in the series, *Ups and Downs*, and remember what you have learned and the steps you've taken. You can see those resources by clicking [HERE](#). (<https://hopecity.com/sermon-resources/>)



Group Leader Resource

Game: Post It Note “Who Am I?”

You'll need a stack of sticky notes and a pen. Write a name of a well-known public figure or character on each note, then pass them around until everyone has one. Without looking, each person should stick their note on their forehead or back. Have everyone mingle, or sit in a circle and take turns asking yes or no questions to discover your assigned identity. ("Am I living?" is a great place to start.) Play until everyone has correctly guessed their identity, or pass out prizes to those who guess correctly.