

Small Group Discussion Guide

Health Through Relationships: For the week of August 16 - 22, 2020

Main Thought and Scriptures:

Jesus prepared his disciples to thrive amid crisis by teaching them how to abide in Him, the source of spiritual health. He continued His teaching by stressing the importance of working towards healthy relationships in order to experience spiritual health.

*"If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. ¹¹These things I have spoken to you, that my joy may be in you, and that your joy may be full. ¹²**This is my commandment, that you love one another as I have loved you.** ¹³Greater love has no one than this, that someone lay down his life for his friends. ¹⁴You are my friends if you do what I command you... ¹⁶You did not choose me, but I chose you and appointed you that you should go and bear fruit and that your fruit should abide, so that whatever you ask the Father in my name, he may give it to you. ¹⁷These things I command you, so that you will love one another." (John 15:10-17 ESV)*

1. In order to abide in Jesus, and experience joy, we must obey His command to love others. (v. 11-12)

2. We love as we actively serve others above ourselves. (v. 13)

"Greater love has no one than this, that someone lay down his life for his friends."

3. We love as we practice forgiveness.

"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." (Ephesians 4:32 NIV)

Discussion Questions: *Select those that apply.*

- What stands out to you from the main thought and scriptures above? How have you applied these lessons to past relationships? What happened in what did you learn?
- How can you apply the lessons from today's discussion to your current relationships? What practical steps can you take to apply these lessons?
- How can you practically and actively demonstrate God's love to someone who doesn't know the Lord during this crisis?

Prayer Points:

- Pray that we can forgive and serve the people God has placed our lives.
- Pray for opportunities to actively serve people who don't know the Lord, and to introduce them to Christ.