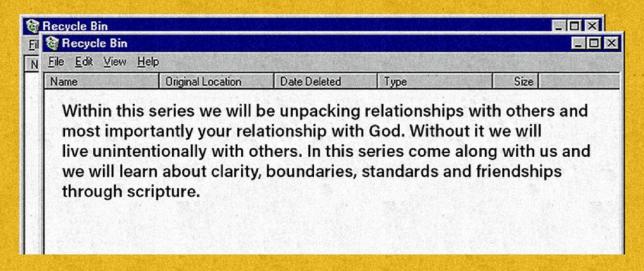


#### Series overwell

#### LOADING



Week One: Relationships

Week Two: Boundaries

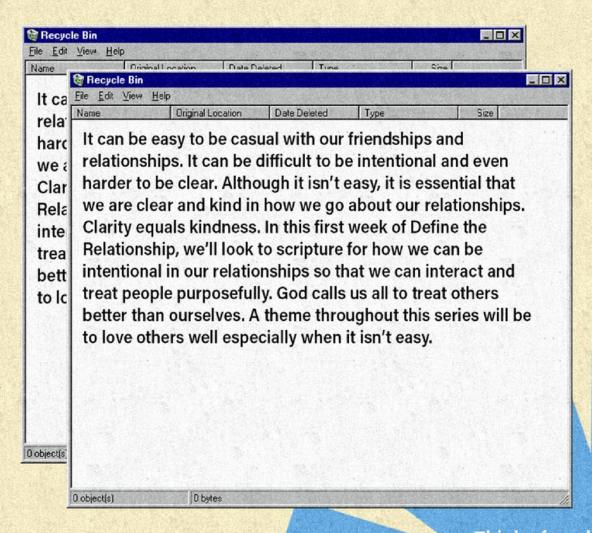
Week Three: Standards

Friendsgiving!!

Week Four: Friendships

Come along with us as we learn how to have Godly relationships!

### WEKOME

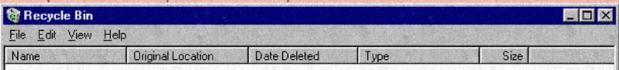


- 1. Why is it important to be intentional with your relationships?
- 2. What is keeping you from being purposeful and intentional with those close to you?
- 3. How can you seek clarity and provide clarity in your life?
- 4. In what ways does your life reflect and point to Jesus?

Think of a relationship close to you that may be confusing or unclear. In what ways have you brought clarity and kindness to the relationship? In what ways have you struggled to bring kindness and clarity? This week, work on being clear and kind in your relationships.

Count others more significant than yourself.

# WEEK TWO



As humans, we protect and cherish what we value most in life. We protect our phones with cases, protect our money in banks, protect our families at home, and place things we value in places that are safe. However, sometimes we loosely value & guard our hearts with how we interact with others. Boundaries are a way of protecting your heart from being damaged or ruined. Proverbs 4:23 tells us to, "Keep your heart with all vigilance, for from it flow the springs of life." Our heart can easily be led astray by emotions and feelings if we aren't careful. Jeremiah 17:9-10 tells us, "The heart is deceitful above all things, and desperately sick; who can understand it? 'I the Lord search the heart and test the mind, to give every man according to his ways, according to the fruit of his deeds." Our heart is so precious but can be so easily destroyed and misled if we don't protect it with boundaries. Our relationships are so often what damage our hearts with how we are led astray. We are deceived by emotions and let down our guard and damage what is so precious. Boundaries are often seen as not fun or boring, but in all reality, they protect the well-being of our life. These boundaries come from protecting our relationship with the Lord above all relationships. Galatians 5:16-26 instructs us to walk in step with the Spirit, and we will not fall astray to our heart's dangerous desires. This may mean keeping distance in unhealthy relationships, but if we ultimately understand the benefits of protecting our heart, the distance is well worth it. Instead of letting other people be the rulers of our hearts, let Jesus be the keeper of your heart. He loves you and desires the best for you, and ultimately, we will find fulfillment and protection if we walk with Him in our relationships.

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- Pray for the desires of your heart to change
- Pray that God would reveal to you where you need boundaries in relationships
- Be willing to have hard conversations in your relationships that are dangerous to your heart
- Seriously consider whether or not Jesus rules your heart or your emotions and relationships do
- 1. Are there people in your life that you're close to who damage your heart?
- 2. Why do we often view boundaries as a bad thing?
- 3. Have you trusted Jesus with the entirety of your heart?

## WEOKTUROE

God's standards are very different from the world's, In Romans 12:2, Paul tells the Romans to not be conformed by the standards of this world but to be transformed by the renewing of their minds. It is easy to look at what the world has to offer and find temporary satisfaction. We can deceive ourselves into thinking that we can live close to God and seek the things of this world at the same time. John gives a warning in 1 John 2:15 to not fall in love with anything of the world. He says that if we love the world, then love for the Father is not in us. If we become friends with the world, then we become enemies of God. (James 4:4) Loving the world may not always look like pursuing evil things. Sometimes we may long for things such as: popularity, relationships, money, or success, and we allow these things to become idols. Instead of being patient and waiting for God's best, we settle for what the world says is good. God wants the very best for us. His ways are not second best to the world's. He has a purpose and plan for each of his followers. Find hope in that truth today!

- 1. Do you hold your relationships with others to the standards of the world or to God's standards?
- 2. What are the things in your life that you may be tolerating that don't live up to God's standards?
- 3. What are some examples of how you can love others according to God's standards?

