



## Stronger Together

1/12/2025 | Building Healthy Relationships

### Reflect + Discuss

- On a scale of 1-10 (10 being the most), how much do you like to go shopping? If you do enjoy shopping, what's your favorite place to shop?
- Read Ecclesiastes 4:12. How can this verse help us understand the vision God has for community? Can you think of a time you experienced strength from being in a tight community? What was that like for you?
- Read Colossians 3:12-14. Why do you think Paul begins by reminding the people *who they are* before saying what they should do?
- Read Colossians 3:13. Read 1 John 4:11. What is the significance of the words, 'as the Lord'? How is our experience of God's love related to our ability to show love to others?
- Consider this list of qualities: compassion, kindness, humility, gentleness, patience, forbearance, forgiveness, and love.
  - How have you experienced these qualities in your relationship with God? Which of these qualities is hardest for you in your relationships with others? Is there a quality you desire to grow in?
  - How can we keep growing in these traits without becoming discouraged?
  - What practical steps can we take to encourage growth in these virtues?
- Reminder: Matt challenged us to have a conversation with someone who knows us well and to ask them for their perspective of what we need to work on. Consider who you might reach out to and make a plan to connect with them.

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\*OPTIONAL Reflection Questions to discuss or pass along to group members from Week 1:

- *How would you describe the quality of your relationships right now? Are there any areas of your life where you're sensing a need for more meaningful connection?*
- *Is there a current relationship that comes to mind that's in need of greater attention or intentionality?*
- *What's a step that God might be leading you to take toward greater connection in 2025?*

## Pray

Praise God for the ways you've seen his character in your life. Pray that we would remember who we are in Christ and that it would impact the way we interact with others. As we reflect on the message, pray that God would guide us toward becoming people who embody his loving characteristics.

## Next Steps

Check out the [resources page](#) for links to several Bible reading plans and other helpful tools. Explore other opportunities for growth and transformation by checking out [courses](#).