

Hope Chapel Series: "Overcoming the Darkside of Stress" part 4

Message Summary: How many of you have a relationship where you feel like you have to walk on eggshells. Afraid of saying or doing something that is perceived wrong? That is a stressful relationship. Relationships without grace. If we are going to reduce the stress in our relationships, we have to make some relational changes which is our focus today.

Reducing Relationship Stress

1. Pursue God's relational values

- A. Relationships represent God's highest priority - Mark 12:30-32**
- B. Relationships represent our most important proof - John 13:35**
- C. Relationships create our highest purpose - 1 Corinthians 13:2**

2. Practice forgiveness to protect your relationships

- A. Expect imperfect relationships - Colossians 3:13**
- B. Choose forgiveness rather than the stress of bitterness - Ephesians 4:31-32**

3. Prioritize your relationships for time

- A. Not every relationship has the same priority.**
- B. Identify the level of your relationships.**
- C. Make relational investments based on relational priorities.**

Discussion QUESTIONS: *All LifeGroups on Holiday Break*

OPEN IT (15min) - Share how have you seen our culture devalue relationships over the past several years? How have you seen this effect people mentally and emotionally?

EXPLORE IT (60min) – Review Sunday's sermon outline and answer the following questions:

1. Discuss God's relational priorities and the scriptures provided. Why is this so easy to ignore or not keep it the priority it should have? What happens to relationships when we don't?
2. Discuss the difficulty in practicing forgiveness, making allowances and assuming positive intent.
3. How did Jesus prioritize His relationships? How did this effect how He invested His time?

APPLY IT (15min) - Who are your core people? Are you giving them the time they need? Are you giving some people too much time? What changes will you be making?